# THE CRAZY WISDOM COMMUNITY JOURNAL

Issue No. 28

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
SEPTEMBER THROUGH DECEMBER 2004

## The Crazy Wisdom Interview with U-M Professor Richard Mann

A Leading Transpersonal Psychologist Reflects on his Years of Political Activism, and on his own Spiritual Journey

# ESOTERIC HEALING COURSE – part one

Esoteric healing is an approach to healing that reaches beyond the physical body, accessing and affecting the emotional, mental, soul and spiritual aspects of our being. It employs the etheric energy field that surrounds and penetrates all living things. The work is based on the Ancient Wisdom Teachings as presented by Alice Bailey.

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The existence of the energy field and its use in healing has been known for thousands of years, especially in Egypt, India, and China. It is only recently, however, that modern western science has realized its significance.

| COURSE | DATE | TIME | LOCATION | COST |
|---|---|---|---|---|
| The Seven Rays of Life | Oct. 23-24 | 9-5 daily | Ann Arbor | $ 195 |
| Esoteric Healing, Level 1 | Nov. 18-21 | 9-5 daily | Ann Arbor | $ 325 |
| Esoteric Healing, Level 3 | Nov. 11-14 | 9-5 daily | Ann Arbor | $ 325 |

Laurie Akerros is an INEH global teacher, presenting classes across the USA & Canada. She has a private practice in Ann Arbor, where she resides. She has a Masters Degree in Psychology, is a cranial-sacral practitioner, a licensed massage therapist, & utilizes vibrational essences in her practice. She believes in a "varied toolbox" of techniques to help clients, as each person is unique and grows in different ways. (See www.esotericenergyhealing.com)

"Healing does not come through intense affirmation of divinity, or by simply pouring out love. It comes through mastering an exact science of contact, and impression, of invocation, plus an understanding of the subtle apparatus of the etheric vehicle." (from Esoteric Healing, by Alice Bailey)

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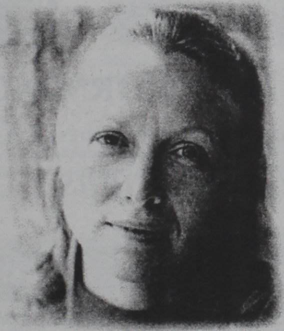

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Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. She shares this in a simple manner through various public gatherings and meditations, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work.
She continually explores how to communicate this transformation with others who, like herself, have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

# A GATHERING IN SPIRIT

### Evening Meditation & Dialogue for the General Public

October 14th, December 2nd

7 - 8:15pm Love Offering

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### Friday Evening Spiritual Seminars & Meditation

September 10th "Egoic Seeking Or Your Unique Expression: Whose Life Is It Anyway?!"

November 5th "Prove It! The Exploration Of Life: Fact Or Feeling?"

7 - 9pm $35 / person

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### One Day Spiritual Intensive/Retreats & Meditation

September 11th, November 6th

9am - 4pm $85 / person

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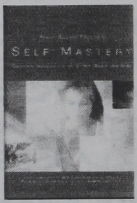

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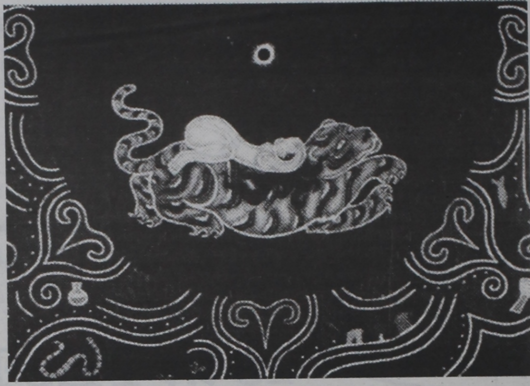
## Guide to Health and Healing Resources in Ann Arbor



Crazy Wisdom Bookstore publishes the **Guide to Health and Healing Resources in Ann Arbor** every few years. The Guide is a listing of practitioners categorized by healing modality, and includes names and phone numbers only. We are in the process of updating this Guide, our eighth edition to be published in January 2005. The Guide is available online at our website: **www.crazywisdom.net**, and we also distribute it free to our store customers seeking such resources. When it is first published, we will include it within the January-April 2005 issue of the Crazy Wisdom Community Journal as well.

If you are not yet included and would like to be, please come by the store and pick up a blank form specifically for the **Health and Healing Resources in Ann Arbor Guide**. Practitioners are designated two categories, such as Energy Healing, Meditation, Psychotherapy, etc. Please choose which two categories for which you would like to be considered, and write it at the top of your form. Return the form by the deadline, which is October 15, 2004. This deadline is firm and without exception. Listings are free, and the Guide is distributed free.

If you are already included and would like to change your phone number, or have any other questions, please call Sarah Daher at the store: (734)665-2757 or sarah@crazywisdom.net. Thanks!

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### — FALL CLASS SCHEDULE —

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|---|---|---|
| September 18th | **AXIATONAL ACTIVATION**<br>Tecumseh, Michigan | 10 am - 12:30 pm |
| September 25th - 26th | **RAPID HEALING:**<br>***THE MATHEMATICAL RECONSTRUCTION OF DNA***<br>Country Inn & Suites, Dundee, Michigan<br>Tecumseh/Dundee exit (#17) on US 23<br>734-529-8822 – Directions Only | 10 am - 5 pm |
| October 24th | **DIMENSIONS IN LIGHT FESTIVAL**<br>Washtenaw Community College, Ypsilanti, Michigan | 11 am - 7 pm |
| October 30th - 31st | **ENERGY INTERFERENCE PATTERNING OF DNA (EIP)**<br>Country Inn & Suites, Dundee, Michigan (reference above) | 9 am - 6 pm |
| November 13th - 14th | **RAPID HEALING:**<br>***THE MATHEMATICAL RECONSTRUCTION OF DNA***<br>Country Inn & Suites, Dundee, Michigan (reference above) | 10 am - 5 pm |
| November 27th | **AXIATONAL ACTIVATION**<br>Location: TBA | 10 am - 12:30 pm |
| December 11th | **ANCIENT SECRETS OF MANIFESTATION**<br>Country Inn & Suites, Dundee, Michigan (reference above) | 9 am - 6 pm |

**INFORMATION & REGISTRATION**

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|---|---|
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| Week 3: | Colon in Crisis - The Hidden Source of Disease |
| Week 4: | America Stressed Out - The Health Hazard You Can't Ignore |
| Week 5: | Reversing Heart Disease - Win the Battle with America's #1 Killer |
| Week 6: | The Diabetes Epidemic – Our Deadly Fascination with Junk Food |

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# Restoring Spirit to Politics: Our Collective Challenge

By Lucinda Kurtz

Coming back to Center. Remembering who we are. Acting from the place of positive intention for ourselves and all of humankind. It seems so simple, so basic, so elemental. These principles are what I have spent my entire adult life learning and teaching. Yet, at a recent dinner party with friends, as I was passionately exclaiming about the way political leadership is being expressed in this country, I realized how my emotional reaction to the people and events around me is contributing to the very political divide I so abhor.

> As a child, I learned that many of my family members had been killed in the Holocaust… And my life was never the same. I absolutely threw myself into every injustice that crossed my path, and there were many. I could not rest nor find peace.

How is it possible to experience the pain of our current political reality, be it the death and destruction washing down upon the people in Iraq, Israel, Palestine, Afghanistan, or the AIDS epidemic decimating Africa, or the deceit and arrogance plaguing our American society, and still act from a place of wholeness and deep respect for our fellow human beings? This is the question that I grapple with on a daily basis. I can experience on a visceral level how difficult it is to move through the habitual patterns, the divisions, the hatred, the judgments that divide and terrorize each one of us internally and is reflected in the violence-torn, diseased, distorted societies we inhabit. We are strong and fragile beings in the same moment, and how we respond to the challenges set before us is all too often based on emotional reaction rather than clear, positive intention.

Earlier in my life, I allowed my political passion and yearning for justice to virtually dominate my every action. I graduated from Brandeis University in 1969, in what I say was "the height of the revolution." Abby Hoffman and Angela Davis were august alumni of the University and revered models for political engagement. Immediately after graduation, I became the Coordinator of the Moratorium to End the War in Vietnam for the city of Pittsburgh, my home town. It was in my genes to understand how to organize and mobilize people to action around a common cause.

> I saw that I needed to let go of feeling personally responsible for rectifying the injustice, poverty and inhumanity that surrounds me and move back to center and remember the wholeness of my being. I started coming home to myself in a very different way. I started to breathe and find some inner peace.

As a child, I learned that many of my family members had been killed in the Holocaust. I looked at the piles of naked bodies in the photographs hidden on my parent's bookshelves; I saw the gold fillings taken out of the teeth of the dead; I read of the medical "experiments" performed on the broken bodies of those innocent people trapped behind barbed wire. And my life was never the same. I absolutely threw myself into every injustice that crossed my path, and there were many. I could not rest nor find peace. Through many twists and turns in my path, I was led to the Barbara Brennan School of Healing and exposure to what I yearned for in my heart, a new way to understand our experience as human beings, to make sense of the chaos and despair around me.

I began to understand that we learn through our own experience and interpret our experience through the meaning we ascribe to it from our upbringing, our religion, the social mores of our society. When we come from a place of fragmentation, we see only a fragment and reflect that fragment in what we create in the world. Anger, hatred, violence come from a place of deep wounding and darkness, the place of forgetting our higher nature and our purpose for incarnating on this planet. I saw that I needed to let go of feeling personally responsible for rectifying the injustice, poverty and inhumanity that surrounds me and move back to center and remember the wholeness of my being. I started coming home to myself in a very different way. I started to breathe and find some inner peace.

I began to see other role models around me, people who have deeply suffered yet who have shown the way to a place of forgiveness and reconciliation. Nelson Mandela, Desmond Tutu, Thich Nhat Hanh, Mother Teresa, Eli Wiesel, Martin Luther King, Mahatma Gandhi, and H.H. the Dali Lama are beacons for a higher consciousness, for a different interpretation of the conflicts in which they found themselves. And there are countless educators, students, farmers, mothers and fathers, workers, entrepreneurs, in Ann Arbor and all across this globe who are moving into this new place of awareness.

According to Gandhi, a nation has a soul just as an individual has a soul, and living for others is the key to the health and well being of both. Gandhi claimed that if a nation's soul is healthy, its politics will be healthy. Martin Luther King was inspired by Gandhi's philosophical and ethical framework of nonviolence. His vision was to create "a beloved community" that would have the energy and capacity to create an active non-violent resistance to evil, a method that is passive physically but strongly active spiritually. King explained, "This will require a qualitative change in our souls as well as a quantitative change in our lives." To me, this means we must release the old patterns, old baggage, old ways of conflict and conflagration, of competition and suspicion, of fear and judgment and move into a place of acceptance of ourselves and all others on the planet and truly act from this place of acceptance and respect.

Politics, ideally, is a context for the care of the public good. In the U. S., the source of power was not created to be in the government, but in "we the people." Our Founders had a clear and positive intention to create "a new order of the ages," based on universal brotherhood and freedom. This country was based on the understanding of the union of the spiritual and the political. Yes, we do have a political and spiritual mission statement to guide us on our path, one that can help us regain our footing in this time of challenge and confusion. The distrust, suspicion, and hostility that is palpable in this country and experienced by people abroad is the antithesis of the unity and co-operation which was at the core of our original purpose.

So how can we come back to our center and remember who we are? Just as we are souls who have incarnated into physical bodies with distinct purposes on this planet, so we are souls who have gathered together within a collective national community because of some kind of collective purpose. This is what Gandhi calls the soul of each nation. How can we bridge the divisions that polarize this nation? How can we touch our soul and restore spirit to politics?

For me, it is only by releasing the belief that I or any one of us holds "The Truth" and by moving into the internal place of not knowing. Moving into the mystery. Embracing the mystery. Trusting the mystery. Diving into the depth and swimming toward the freedom of a new awareness, a new way of seeing, a new way of embodying my conscious awareness in my personal and political life. And this does not mean we are passive, or silent or complacent. Just the opposite. We must be engaged and active and alert and vocal. Our voices must be heard. We must bring all of ourselves, mind, body, emotions and spirit to full engagement in the world to create a healthy political system.

It is so easy for me to demonize my fellow Americans who hold positions that are seemingly opposed to my perspective. In an immediate emotional reaction, I negate and belittle the intelligence and motives of those who oppose my belief system. In that very action, I create the separation I so passionately want to eliminate. I embody all the hatred and suspicion and fear that I know is undermining all that I hold dear.

If you are at all like me, in this season of political campaigns, you could find yourself dehumanizing the political candidates who offer policy solutions that don't conform to your ideas of "right action." This is my struggle, and I am challenging myself to shift my perspective. And I challenge you as well. I am creating an intention to approach politics and my political engagement in a different way by bringing conscious awareness to my emotional responses. I hope to shift and transform my hostile emotional reactions into compassion. Compassion for myself and compassion for the other. In this way, the path opens for connection, for understanding, for inquiry, for finding a common bond that unites me with someone of seemingly different beliefs across the divide. In this way, I find peace inside myself and help to create it in the world around me. And so it is with each and every one of us. Together we can create "the new order of the ages" that is our national heritage.

> According to Gandhi, a nation has a soul just as an individual has a soul, and living for others is the key to the health and well being of both. Gandhi claimed that if a nation's soul is healthy, its politics will be healthy.

I invite you to open your heart to the amazing possibilities for healing that exist in every moment and join with others to manifest a healthy and prosperous national and global community based on justice, equality, and compassion for our fellow human beings. Just as each one of us has the choice to repeat past patterns of negative behavior or move through our fear, anger, and guilt into a life of freedom and joy, so we as a nation and the entire global family have a choice between repeating our past patterns of war and aggression, inequality and injustice, or moving into a future of national and global co-operation and abundance. The choice is between us, as Americans, and as human beings, repeating our past or liberating our future to be something completely new and vital and healthy. Let's choose wisely.

> If you are at all like me, in this season of political campaigns, you could find yourself dehumanizing the political candidates who offer policy solutions that don't conform to your ideas of "right action." This is my struggle, and I am challenging myself to shift my perspective. And I challenge you as well.

*Lucinda Kurtz is a Hands of Light Energy Healer and Personal Wellness Coach with a private practice in Ann Arbor. Lucinda also facilitates the monthly Crazy Wisdom Bookstore Salon on issues of interest to the community.*

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## Calendar Highlights for September – December 2004

1) ***The Old Woman in Fairytales* with Jungian Author Kathie Carlson** – Sept. 16 (See Womenspirit)

2) **"Putting Down Roots" Concert Benefit for the Community Farm of Ann Arbor**
September 18 – (See Music and Sound)

3) **Crazy Wisdom Salons for Fall 2004:**
Conscious Parenting-9/23; Conscious Citizenship-10/21; Conscious Intimacy-11/18 – (See Consciousness Expansion)

4) **Ravi Shankar at Hill Auditorium**
September 23 — (See Music and Sound)

5) **Laurie Anderson at the Power Center**
October 3– (See Music and Sound)

6) **Jain Master Chitrabhanu at the Lighthouse Center**
Oct. 6 — (See Spiritual Development)

7) **Building a Business the Zen Way with Geri Larkin**
October 16 — (See Work and Right Livelihood)

8) **Starhawk, Author of *The Earth Path* at Crazy Wisdom**
October 18 — (See Author Receptions)

9) **Dimensions in Light Festival** October 24 -
(See Ceremonies, Celebrations, Festivals and Rituals)

10) **The Whirling Dervishes of Damascus through UMS**
November 14 — (See Music and Sound)

11) **Evening of Sacred Song**
December 4 — (See Music and Sound)

12) **Drummunity Drum Circles at Crazy Wisdom**
Sept. 21, Oct. 20, Nov. 17, Dec. 15 - (See Drumming)

13) **Year-End Service at the Zen Temple** - December 31 -
(See Ceremonies, Celebrations, Rituals and Festivals)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January thru April 2005 issue is **Wednesday, November 17,** and the **deadline for paid advertising is Wednesday, December 8th.** The issue will be distributed starting in late December, 2004. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 35 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Photography Editor: Linda Lawson. Cover Photograph: Nina Hauser. Cover Design: Molly Nuzzo. Poetry and Art Editor: Sarah Daher. For advertising info, contact Sarah Daher at Crazy Wisdom. Writers for this issue: Claire Crevey, Sarah Daher, Lucinda Kurtz, Michelle Massey. Reduction Wheel Apprentice: Juliana Zirinsky. Toddler in Chief: Leela Zirinsky

The quotes used in the calendar section were found in the book, *Sunbeams,* by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

**Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.**

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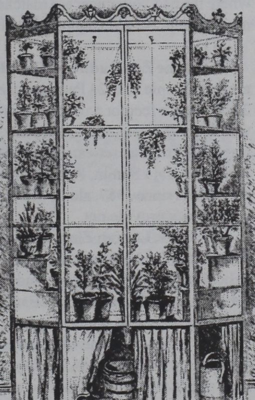

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# What's New in the Community

This regular column highlights events and news significant to our Ann Arbor community, including relevant subjects of a holistic, spiritual, ecological, psychological, alternative nature and otherwise interesting to folks like ourselves. Thank you to everyone that submitted information to be included for this issue!

Meredith Erin Ley

There are several new healing practitioners in the area. **Meredith Erin Ley**, an intuitive healer and spiritual mentor, just opened her practice in Ann Arbor. Her mission is to help clients ignite the energy of spirit within and identify the natural and powerful resources to achieve and maintain health. She offers energy assessments to help explore the underlying emotional and spiritual issues that cause stress, illness or disease. She was trained at the Stillpoint School of Advanced Energy Healing and is a certified Qi Gong Energy Healer. Call 717-0213;

**Jacqui Magon**, MD, has moved her business to Ann Arbor, and provides various yoga therapies, including Thai Yoga Therapy (the traditional art of Thai Massage), Phoenix Rising Yoga Therapy, and Integrative Yoga Therapy. She uses both breath and body along with the science of yoga as a tool to improve awareness and/or create change. She is a student of Ayurvedic Medicine and has practiced yoga therapy for seven years. She now offers workshops **through Quintessential Therapies** at 929-9797.

**Todd Sargeant and Erinn Fraser** opened a new massage clinic in August, called **The Joyful Body**. Erinn graduated from the Ann Arbor Institute of Massage and she is a Nationally Certified Massage Therapist, Bodyworker, and Craniosacral Therapist. She received her Craniosacral training from the Upledger Institute in Florida. Todd is a Reiki Grandmaster, Seichem Grandmaster, and advanced practitioner of Hawaiian Lomilomi. He also has experience with Reflexology, Acupressure/Shiatsu techniques, Hot Stone Therapy, and crystal work. The clinic uses only all-natural and organic body products, as well as high quality air purifiers in the office. Call 997-7468 or 827-BODY (2639).

**Malcom Sickels**, MD in Family Medicine, is opening a new practice on Jackson Road. Former employee of Crazy Wisdom and longtime student of holistic medicine, he recently finished his residency and is board-certified in Holistic Medicine and chelation therapy. He also trained in clinical hypnotism and ran the student organization for holistic medicine. His goal is to bring the best of integrative and conventional medicine to his patients. Call 846-5326.

**Liza Bancel**, long-time Ann Arborite, is expanding her practice of shamanic counseling and spiritual direction using traditional methods and medicine, including amulets, dolls, and fetishes. She is a daughter of Oya, African Orisha of strong winds, lightning, and the cemetery, and works with the life/death/life principle. She began shamanic work in California in 1985 with shaman Michael Harner and has been practicing in Ann Arbor since 1988. For more information about individual sessions, call 761-1819;

Gail Rucker and Eileen Dickinson have begun **OmMoves, LLC**, a sun-filled studio, conveniently located in the heart of downtown Ann Arbor's Kerrytown district. Their goal is to provide an affordable space for sub-lease to individuals interested in sharing their talents and knowledge in alternative and complementary fields of well-being with the community. The good energy and cozy space of the studio is well-suited for small classes, workshops, seminars, and private sessions. For more information, call Gail at 994-3777 or Eileen at 717-4145; mymoves@aol.com.

**Leland Austin** is a local practitioner of Rolfing, and has been practicing for 18 years. His work has recently transformed due to his involvement with the Diamond Approach, a contemporary spiritual path of embodiment based on the work of A.H. Almaas. Though he continues to practice traditional Rolfing, focusing on alignment and the physical body, he also encourages clients to bring gentle awareness to their arms, legs, belly, chest, throat, and head, as well as to the place where his hands are working. Sensations and sometimes emotions, often subtle and easily overlooked in everyday living, arise in the client's awareness. Simply noticing this arising and unfolding of sensations in the body as they change or fade allows the client to deepen the experience of herself/himself as an organism of awareness more fully inhabiting the body. This noticing helps the client create a more spacious field of awareness, a more substantial bodily sense of "hereness" or "nowness" and a deeper, richer sense of being an integrated, embodied being in the moment. Leland is known for his gentle, conscious, and sensitive approach to Rolfing, which helps to connect body and psyche. For more information, see his listing under Bodywork in the Calendar section of the Journal, or call 327-1066.

**Judy Stone, a.k.a. Nutrition Magician**, attended Non-Pharma III, the 3rd annual Safe Harbor Conference on non-pharmaceutical treatment alternatives for mental health disorders held in LA in June. Safe Harbor is an international nonprofit that provides education for health and mental health professionals, and resources for mental health consumers. Judy is working on organizing a local Safe Harbor chapter for southeast Michigan and would like to hear from holistically oriented mental health professionals, doctors, nurses, dentists, and other health care providers who want to be part of a referral network. Call Judy at 994-5549 or judy@nutritionmagician.net.

**Karen M. Kerns**, RPP, CPE, RCST, is a long-time, established bodywork practitioner who has recently relocated her practice to South Lyon, just 25 minutes northeast of Ann Arbor. Her work has changed as well. Recovery is taken a step further by welcoming a more conscious relationship with one's soul. Karen has developed steps to work consciously with clients who are serious about moving forward with intention, inviting their soul with them. Karen continues to see clients in Ann Arbor as well for post traumatic therapeutic work, or basic "feel good" massage. Call 248-446-3134; kernskm@aol.com.

The newly published *Natural Plaster Book* was illustrated by **Deanne Bednar**, coordinator of the Strawbale Studio Natural Building Project in SE Michigan. She is pleased to be bringing the books' author and natural finishes expert, Cedar Rose Guelberth from Colorado, to the Studio to give a workshop and slideshow on natural plasters in September through **The Upland Hills Ecological Awareness Center** in Oxford, MI. UHEAC is committed to providing experiences that honor the unique gift in each individual to make a difference to empower them to participate in the process of healing our planet. Their desire is to design, fund, and facilitate programs and opportunities that promote a responsible relationship with the natural world, demonstrate and promote world sustainability, bring the work and inspiration of world teachers to the Great Lakes Bioregion, and promote global understanding. To check out their programs, call 248-693-1021;

Attention musicians! Are you unhappy with the sound of your instrument? Has it made multiple visits to the repair shop to no avail? **Laurie Akerros**, member of the worldwide teaching group The International Network of Esoteric Healing, is now working with musicians and their instruments. Using principles of energetic healing, she is having great success at enhancing the sound quality of musical instruments, and sweetening the relationship between musician and their instrument by balancing them together energetically. One session is usually all it takes. The proof is in the sound! To book a session, call 995-2719.

**Harriette Hartigan** is currently photographing tattooed parents and their children in her studio, Insight Photography, and has an ongoing exhibit at the Midwifery Arts Center. "Mama Tattoos & Daddies Too" is a photographic narrative study of the significance and beauty of personal body markings. Harriette has been a midwife for ten years and has photographed the birth experience since 1975. She is also a university educator on birth. For more information, contact 677-0519;

**The Center for the Childbearing Year** has added Postpartum Doula Training and certification through Doulas of North America to their professional training for doulas. Postpartum doulas "mother" the mother. The 3-day training prepares women for a career in assisting new mothers and their babies, as well as the entire family, during the early weeks postpartum. Skills include newborn and infant care, breastfeeding support, recovery from normal birth and cesarean delivery, supporting the family with multiples, knowledge of community resources, support for postpartum depression, and more. Postpartum volunteer opportunities are available through the Doulas Care community-based volunteer program where trained volunteers are matched to assist low-income women and their families in need of help. Scholarship program available. Call Patty Brennan at 663-1523;

**The Zen Buddhist Temple** in Ann Arbor is buying the building next to their current Temple at 1224 Packard (the old bike shop). Once renovated, it will provide almost 2,000 square feet for a new meditation hall (sonbang). The new space is much-needed and will be fully wheelchair accessible. The Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are held by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1977 and meditation since 1987, along with other senior members of the Temple. Call 761-6520; a2buddha@provide.net.

**Rev. Lauren Zinn**, Ph.D., founder of **JEWBILATION**: Jewish Roots with Interfaith Wings and The Hebrew Literacy Program, is now expanding as the first All Faiths Literacy School for children. Daytime and evening sessions and tutoring are available. Life-cycle ceremonies include Interfaith Bar/Bat Mitzvahs for children and adults, as well as baby namings, weddings, and eulogies.

**The Lighthouse Center** in Whitmore Lake also offers a wonderful program for children, in the format of Sunday school. Meeting two Sundays per month for attendees, it is an opportunity for children to experience the peaceful, loving vibrations of The Lighthouse Center while learning and being with other families committed to non-violence and relativity of thinking. One of founder Chetana's goals for the Sunday school was for children to learn about as many world religions and philosophies of life as possible. In this spirit, the Sunday school has taught older and younger children Buddhism, Hinduism, Jain philosophy, Judaism, and Christianity, as well as about world leaders such as Martin Luther King, Jr. and Gandhi. Children learn generosity through charity , and concepts like sharing and caring for all people and animals. It is an unusual and immensely worthwhile offering. Call 734-449-0611.

Suzanne Smith is beginning a new company that is of interest to women crafters and artisans. **MindfulHands** is a right livelihood business to help women who create beautiful things at home connect with the marketplance. Things made in the quiet spaces of women's lives often lack an accessible and profitable outlet. MindfulHands procures the orders, sells, and delivers these goods to a broad range of buyers. Monthly support meetings, "One problem, one solution," will also be offered. Suzanne wishes to celebrate and reward women's creativity, support economic independence for women, and help build bridges between women of the world. To show her your quality work, call 662-2325; cellochan3b@aol.com.

**Jonathan Ellis**, who has a long-time connection with Crazy Wisdom, continues to be a spiritual director for many people in the Ann Arbor area, now through monthly hour-long phone calls from his current home in New Smyrna Beach, Florida. A spiritual director does not decide a direction for you, but rather supports the spiritual path of your own choosing. Jon is a spiritual director for dozens of people around the U.S. on an open donation basis, and he has even arranged to cover the long distance phone charges for you. Contact 386-427-6625;

Jacqui Magon, MD

**Kandie Waggoner** of Dexter and **Gail Balden**, formerly of Dexter and now in Oregon, have returned from a two-month tour of Turkey, Syria, Jordan, and Egypt and plan to write a book about two 61-year old women camping throughout the Middle East. Gail will continue her successful writing workshops for women in Michigan in the summer of 2005. Her latest piece, "Can You Go Home Again?" about growing up in Dexter during the 1950's will soon be published in *The Rocking Chair Reader: Coming Home*, edited by Helen Kay by Adams Media in October of this year. For a listing of her workshops, contact

**Cindy Klement**, local herbalist and teacher, has completed training as a Health Educator for the national lecture series entitled The Untold Truths. She is teaching this program in dozens of cities across the U.S. as a day-long seminar over the next several years and is offering this information locally in a six-night series beginning in September. This program has been written by medical doctors and is referenced to scientific studies and medical journals. Call 975-2444.

**Julie Wolcott and Marcia Bailey**, teachers of the Transformational Healing Breath Series, enjoyed the rare privilege of visiting Damanhur, a unique intentional community of 800+ residents in the foothills of the Italian Alps, just north of Turin. This geographical area is situated on the intersecting point of four of the earth's synchronic lines, making it one of the most powerful energy spots on the planet. In 1978, residents began constructing, entirely by hand and with great spiritual intention, massive underground temples, housing intricate stained glass windows, works of art, beautifully carved sculptures and reliefs. This community is modeling a new cultural paradigm of conscious living with advanced technology and social/political systems. Julie and Marcia visited last April and learned about their cooperative living style, unique healing modalities, and celebration of diversity. They also participated in Transformational Breathing and sacred sound sessions in the temples. For information on upcoming workshops, call Julie at 426-4978 or Marcia at 994-8989.

Young artists from the **Ann Arbor Art Center's ArtMakers Teen Program** have teamed up with the Main Street Area Association to bring Off the Wall Gallery to the Ann Arbor community. ArtMakers have been working on the first series of 28 x 48 inch banners since mid-summer. The Off the Wall Gallery exhibit will change quarterly, providing 50 new works of art every three months, installed on lampposts throughout the Main Street neighborhood where residents and visitors can view them daily. The mission of Off the Wall Gallery is to engage the community in the education, exhibition, and exploration of the visual arts through the display of hand-painted banners in our area. ArtMakers is an after-school and summer outreach program for children and teens ages 5-17 that provides high quality visual art education free of charge to over 300 youth per year. The goal of ArtMakers is to enhance the ability of youth to succeed educationally and socially by providing access to high quality visual art education programs. For more information on all classes offered through Ann Arbor Art Center, call 994-8004;

In the same vein, **St. Johns High School** in St. Johns, Michigan undertook a project for the national Make a Difference Day. The students, with help from staff members and community volunteers, painted hallways, hung artwork, created murals, and made individualized banners for each teacher's doorway. Students volunteered their time after school and on weekends to complete this project. The results were outstanding and the students took great pride in their work. The school saw an increase in cleanliness and a decrease in vandalism. This reminds me of the creative and inspired project by local high school students of painting the underpasses of bridges and areas prone to vandalism. Art makes a difference – to youth and to everyone.

A woman around town who recently came to our attention and interest is **Heather O'Neal**, Ann Arbor native extraordinaire, who intrigued us with her many involvements and activities in the area. Her company is **Of Global Interest**, through which she organizes customized treks to Nepal, Spain, Hungary, and Peru. Formerly working for the Peace Corps, Heather has traveled to over 45 countries and speaks several languages. A typical trek to Nepal, her specialty, would involve a flexible itinerary over a three-week period, and would cost $2,000-$3,000 covering accommodations, trek to the Mt. Everest base camp, and domestic flight. Heather has been organizing these treks since 2000. She planned a Mt. Everest expedition of which the first cancer survivor ever to reach the summit of Everest attended. She made a 45-minute documentary detailing this journey. Heather also gives informative cultural talks and slide shows to local schools and community groups, as well as in her home. A former middle school teacher, she is hoping to attain a grant to enable her to travel to all middle schools in the area to increase global awareness among children.

The Of Global Interest Random Acts of Kindness Fund is a charitable fund that uses contributions to better the lives of children in Nepal. Heather will use contributions to buy shoes, clothing, notebooks, pencils, etc., for children being raised in orphanages. Her next trip to Nepal will be in October, and there is currently $527 held in the fund for distribution.

Heather is involved in many other ventures around town, including playing the Kerrytown Market Bells every Wednesday and Friday at noon. She encourages the public to come and play over 100 songs by number. Heather offers local tours for 3-15 mile treks around Ann Arbor and Detroit, including gourmet picnic food. Her home is also a small B & B with a "Himalayan theme," called **The Eighth Street Trekkers' Lodge Bed and Breakfast**. I recently toured her delightful, unique, and art-filled home. She offers one room, decorated with Nepalese art (which is for sale, as is everything in her Himalayan Bazaar in the garage!), in walking distance to town, and serves healthy, nutritious food. Heather has also been an "aunt for rent" in which she hosts slumber parties for groups of children old enough to stay by themselves (usually ages 8-12), and offers crafts projects, drumming and other fun things for kids. Heather is also a painter and henna artist. An inspiring, energetic, and involved woman, it was a pleasure to speak with her and meet her, and a lot of fun, too! (Thank you for the visit and for your generosity, Heather!) For more information on all that she offers, call 369-3107;

If you have news of important goings-on around town involving organizations, businesses or individuals, and would like to be included in our column for the next issue, please bring in or send information to Sarah Daher at the store by December 1, 2004. You may also email . Thanks!!

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# What's New at Crazy Wisdom

The beautiful **White Buffalo Calf Woman Sacred Peace Water** has arrived! Created by Gypsy Goddess, this subtle aromatic spray consists of White Buffalo Goddess spiritual warrior of courage flower essence, which includes essences of deerbrush, blue flag iris, sage, mountain pride, red clover, Indian pink, and corn. It's lovely with a light, refreshing scent, and is a purifying room spray or body mist. Spray yourself and your environment to clear away negative energy. It can also be added to your bath for sacred bathing. Comes with a nice brochure including the Lakota story of the sacred White Buffalo Calf Woman. $19 per bottle.

We've recently begun carrying **Music of the Spheres outdoor hanging chimes**. Acoustically superior, their scientific design maximizes tonal purity and resonance. Available in many scales, these chimes are made of corrosion protected, tempered aluminum alloy tubing. They will not rust or lose their precision tuning, and are warranted for seven years against defects in materials and workmanship. Their tones are soothing, deep, and harmonic, my favorite being the Pentatonic scale. You can even turn the volume down by moving the wind catcher! Cost ranges from $80-$200.

For the art collector, we now have **Japanese Netsuke miniature sculptures**. This traditional statuary was originally used for practical purposes 300 years ago to close a small pouch carried within the kimono or obi (sash belt). These sculptures, which are reproductions from the Peabody Essex Museum in New England, include two holes used for a cord, and can be held in the palm of your hand. Subjects vary widely, including deities, legendary heroes, and animals. Inspired by the rich tradition of Asian folklore, netsuke embody a spirit of fun and curiosity and display impressive craftsmanship in their detail. They also come in beautiful packaging with a simple, elegant black box encircled with a colorful sleeve bearing a calligraphic image and short history of the netsuke. My favorites are the animals, especially the rabbits and the kirin, a vegetarian creature so gentle that it will not even walk on grass to avoid crushing any being. $21 each.

Honoring White Buffalo Calf Woman

You will also see a **new photographic portrait display** we've been working on for the past several months. This display consists of spiritual teachers of the world, both past and present, embodying the diverse nature of Truth in all its forms. It certainly cannot be comprehensive, but these eighteen framed photographic portraits still help represent the many spiritual traditions and teachings available to those of us on this journey of God, Goddess, and Spirit realization. Among those included are Yogananda, His Holiness the 14th Dalai Lama, Ammachi, and Starhawk, as well as local leaders, such as Gehlek Rimpoche and Geri Larkin. Crazy Wisdom desires to bring greater awareness to the wide range of spiritual paths, and although these framed pieces are not for sale, we do sell unframed portraits of some of these teachers for $14 each. The display will become a permanent fixture in the store, with its location changing from time to time. Thank you and namaste to the folks who donated some of the photographs, and if anyone has a source for portraits of well-known Native American teachers and elders, I would love to hear from you! Call Sarah at 665-2757 or . Many blessings.

# Life and Death on Washington Street

by Michelle Massey

Soaking in puddles of muddy rainwater and smeared with grease and oil stains, feathers were scattered haphazardly between garbage cans, curbs, and concrete planters in the alley behind my Ann Arbor office building. The variety of feathers- wing tips, chest feathers, and fluff- made me certain there had been an incident, a death in the Washington Street pigeon flock.

While staring at the feathers and considering the cause of the fatality, a drip of blood stained the feathers off to my left. I cringed realizing the freshness of the kill.

I looked up. Less than 10 feet above me, a hawk was perched on a metal grate supporting an industrial sized air conditioner. It grasped the wing of a pigeon in its claw.

I didn't move. I was close enough to look into the hawk's eyes.

The hawk stared back, sizing me up, assessing the threat. It blinked and slowly lowered the pigeon wing waiting for me to leave.

This was not the first hawk I had met. On my drive to work, I often spot hawks perched on braches in trees along the highway, their white chest feathers facing the warmth of the early morning sun. Sometimes, I first see the brown of their backsides and only confirm my correct identification when I look into my rearview mirror and see their white chests.

I have always known the hawk as the giver of sight or vision, a reminder to us that we can circle high above our lives and see the larger picture. Riding the waves of thermal updrafts, this bird flies close to Grandfather Sun showing us how to not get so weighted down in our day to day affairs that we forget what it feels like to rise up into the clouds.

The hawk does teach us how to fly, but this hawk was not soaring free. This hawk was immersed in a gruesome display of life and death.

While clutching a severed wing, the hawk in the alley taught me that death is a natural part of life. Hawks are, after all, a predatory bird. In order to live, they eat other animals. This hawk showed me that if I want to live, I must feed myself without fearing the changes that I have to make in order to fully participate in life.

> I have always known the hawk as the giver of sight or vision, a reminder to us that we can circle high above our lives and see the larger picture.

*Look at your job,* the hawk tells me. *Are you happy? Look at your marriage, your spiritual life, your health. Are you doing what it takes? Are you feeding yourself carefully and neatly with the illusion that passion is orderly and clean? Or are you feeding yourself in a frenzy, hungry for more, willing to shred life to pieces in order to get every bite?*

If I am going to soar, I cannot hold myself back. I must meet myself eye to eye and be clear about what feeds me and the reasons I am not eating. Do I fail to go after what I love because of the fear of getting hurt or humiliated? Do I fear I don't have what it takes, or do I fear that I don't deserve happiness?

Hawks do not hesitate. They swoop down and snare their catch while flying.

Like the hawk, I can use my own talons to dive down and grasp a hold of what feeds me. I can circle high and see the places where I fear change and settle for what's comfortable. I can use my vision to see the places where my fear of swooping leaves me hungry for more.

*It's about survival,* the hawk says. *If you do not eat, you will die.*

The hawk sounded the alarm. It is not enough to recognize the need for change. I must be willing to do the messy work of gutting out the old patterns, the old bad habits that keep me from shinning.

*Wake up. Look at what you are doing to the earth. You've turned my hunting grounds into cityscape. You've taken my quiet places to sit, and I now settle for telephone poles along busy highways. Don't pave over your own dreams just because you are afraid of death, change, and transformation.*

Despite alleys and air conditioners, hawks still feed and fly free, and I too can overcome the fear that keeps me from fully living. When I don't fear the little deaths that change and transformation bring, I can dive into life without hesitation.

*Little sister,* the hawk speaks to me, *life cannot exist without death.*

I learned that day that death can happen slowly over time as I put off the changes that need to be made in my life. Or life can be lived the instant I swoop down and grasp a hold of what feeds my spirit and keeps me alive.

# The Crazy Wisdom Interview with "Self"

*A once-prominent figure on the Ann Arbor spiritual scene recently conducted the following Crazy Wisdom interview – with himself – and here is what he said (and said). He labels the answerer as "Self" and the questioner as "Me" and assures us those designations have no hidden meaning (not to mention the rest of the interview).*

Me: So, to begin, what is the meaning of life?
Self: I would rather ask, what is… a life of meaning?
Me: You would rephrase the question.
Self: In the absence of an answer, yes.
Me: Is there life after death?
Self: Definitely.
Me: You're very sure about that.
Self: Death can only follow life. So life must then follow death. And vice versa.
Me: Do you have any spiritual role models?
Self: Tom Brokaw.
Me: The television anchor?
Self: Yes.
Me: Can you explain?
Self: Did you ever notice that Tom Brokaw sounds like he has marbles in his mouth?
Me: Marbles?
Self: Yes, but we can assume he only sounds that way. I don't think there are really any marbles. So too, with all of life. Only the sound of marbles, but no marbles.
Me: Does that view fit into a particular tradition you have studied?
Self: I wouldn't say, studied. Tradition is for the traditional, as cause is for the causal. The causal cannot be studied.
Me: Do you mean, the causal plane?
Self: All methods of transportation — car, bus, train and plane. All are causal; all require some fuel.
Me: Fuel-driven?
Self: There is no fuel needed when we actually reach the causal, just getting there.
Me: Are you aiming for the causal?
Self: I'm aiming for your questions.
Me: Are there particular spiritual practices you have found helpful?
Self: The practice of the perfect.
Me: Can you elaborate on that?
Self: Practice makes perfect. Perfection cannot be obtained through practice, only made. Make it perfect through your practice.
Me: Are you speaking of a particular method one would use?
Self: Such things cannot be spoken of, even here. I do not speak of them. Perfect needs no method.
Me: But surely the term "practice" implies some method?
Self: All right. I'll say, method champagnoise. That's the method by which champagne is made.
Me: Is that a spiritual method?
Self: If done perfectly, and at a marketable price.
Me: Were you raised in a particular religion?
Self: I was raised in a very spiritual setting, the setting sun.
Me: Sunset?
Self: Yes, everyday a sunset.
Me: Do you mean you saw beautiful sunsets?
Self: Not actually saw them, but we knew they were there.
Me: The power of the unseen?
Self: Much is unseen. How much, we don't know.
Me: Now, this seems to be getting at the ineffable.
Self: Almost ineffable.
Me: Almost ineffable?
Self: Is there an echo around here? Or is it the echo of the ineffable itself?
Me: Just let me ask the questions, if I may.
Self: Only if you ask questions I can answer. Or, let me rephrase that. Your questions must all begin with the letter "l."
Me: The letter "l"? That's preposterous. Why would the letter "l" matter in my question?
Self: That's just the kind of question I can answer. The letter "l" contains the whole secret of the universe.
Me: The letter "l"?
Self: More ineffable echoing, but yes. That's the whole secret.
Me: Do you know the whole secret of the universe?
Self: That too is secret.
Me: Is there anything at all meaningful you'd like to tell us, even some tiny nugget of spiritual understanding?
Self: Don't do too much in one day.
Me: Too much? How much is too much?
Self: My grandfather used to say, "Enough is too much."
Me: Did he mean to say, "Enough is enough?"
Self: I don't think so.
Me: Why not?
Self: He knew too much.
Me: Your grandfather?
Self: We all know too much, and it's always enough. Thank you.

*"To find Health should be the object of the physician. Anyone can find disease."*
— Dr. A. T. Still, Founder of Osteopathy

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### *In Search of Relaxation*

# Help with The Move

By Sarah Daher

People consider death, divorce, and moving the three most stressful life situations commonly encountered. Well, one day late last May, I faced packing up the belongings of my daughter and I and moving to a neighboring city – not far, but far enough to create a considerable amount of internal tension, no matter how positive the circumstance. The day prior to The Move, I decided to ignore the final boxes needing to be filled and spend a couple hours devoted to the gift of receiving bodywork. The little but sometimes loud voice inside my head told me I was crazy to relinquish this free time when I could accomplish Important Matters, but my body's wisdom spoke very clearly and, by some divine grace, I chose to listen.

> As she worked more deeply, my awareness relaxed into a calm state of pure release. I began to let go of my stress and worry about the upcoming days and, more than anything, it felt so very right to be there – not indulgent or selfish – just right.

I first walked around the corner to RelaxStation for a 25-minute foot reflexology treatment. Although I've received many sessions of body massage, I had never experienced focused reflexology for my feet. RelaxStation is a very small building on the corner of Huron and First Streets, and has been there for two years. They offer chair massage and walk-in service, as well as full body treatments with an appointment. The interior space is tight and its feng shui is a bit tricky, but it's painted lovely and there is also the option of using a chair outside. I chose to be inside, and there was soft reggae music and other sounds, of which I had my doubts. But honestly, once I closed my eyes and reclined in their very comfortably soft chair, I didn't notice.

Anna Maniex was my therapist, and I liked her warmth and openness immediately. She prepared a soothing rosemary foot bath, then dried my feet and began. The session consisted of varied hand and finger pressure, including softly fluid strokes as well as deeply felt, concentrated pressing. Anna was very skilled and, I believe, clearly intuitive in that she knew my tender spots even before I did. As she worked more deeply, my awareness relaxed into a calm state of pure release. I began to let go of my stress and worry about the upcoming days and, more than anything it felt so very right to be there – not indulgent or selfish – just right. Anna strongly believes in the healing power and preventative treatment of massage, and feels that all employers should offer the availability of massage to their staff (Bill and Ruth – she suggests twice per week!!). I agree completely. What a beautiful world this would be if all of us could receive such a blissful gift every week. I walked back to Crazy Wisdom feeling lighter as well as more aware of being grounded to the earth with gentle grace. Thank you, Anna, and a bow of gratitude to Eileen Bristol, owner of RelaxStation, who so kindly gave me a gift certificate several months ago.

RelaxStation
MASSAGE THERAPY

RelaxStation, on the corner of West Huron and First Street.

After working (or floating through my last couple hours of work) that day, I drove to Migun (formerly named Ceragem) on Washtenaw toward Ypsilanti for a free session on one of their automated thermal acupressure massage beds. I wasn't looking forward to the traffic, but feeling calm and steady from my feet up, the trip was fine and even enjoyable. (So many experiences are all about state of mind and perception, aren't they?) The two owners, who are also sisters, welcomed me graciously to their slightly warehouse-style space. The room is large, long, and narrow with lovely hanging posters and quiet, relaxing music. There are twelve beds on site, and more than half were full when I arrived. Their automated massage beds are equipped with moving jade roller balls that conduct helium-generated far infrared heat along the neck, spine, and legs, based on the program chosen. After receiving a brief introduction and instruction, I lay down and chose the basic program, a 34-minute treatment offering benefits of acupressure, acupuncture, massage, chiropractic, and far infrared heat through moxibustion. Welcome to traditional Eastern healing concepts combined with Western technology. There was also a small device placed on my lower stomach to provide greater heat within my torso. Before returning to her work, Tara warned me there may be slight discomfort at my lower back because of the tightness people generally experience in this area, often without being aware.

The staff members of Migun, located on Washtenaw Avenue.

I settled in, closed my eyes, and began to yield as much as possible to this unknown experience. The rollers began to move gently along my neck and upper back, the heat penetrated into my flesh (apparently 7 cm.), and I began to let go. Although the mechanism sounded a bit mechanical, the rhythmic quality and deeply felt sensations, combined with the tranquil atmosphere, calmed and focused my awareness. I was doing well, particularly enjoying the warmth, until the rollers reached my sacrum. Tara was correct about the discomfort! The pressure was intense, and I had to convince myself to consciously relax and receive the treatment. There is pain without benefit, and there is pain that could be helpful, of which I believe this was. I allowed my body to rest and roll upon the bed, like upon waves, and the experience was relaxing, rejuvenating, difficult at moments, as well as deeply grounding. I must admit that the infrared heat was the most pleasurable aspect, and I believe it would be especially healing during the cold winter months.

So, the question is, what's up with this that these treatments are completely free and available to all?? This is the most asked question of owners Tara and Renee from commonly suspicious folks. It's true, how often is bodywork offered without charge? There must be some catch. Well, there isn't this time. Years ago, Renee began these treatments to heal a life-threatening brain aneurysm, and was cured. The sisters' strong desire is to share this healing to everyone, and Migun exists as a service to our community, a vision that includes a wellness center, a health club, and a sacred space. Yes, they do sell their thermal acupressure beds, but they won't try to sell you one. Go in, choose a bed, receive a treatment. That's it. There's a donation bowl if you'd like to give something back, but there is no pressure to donate or spend – ever. I find this offering a beautiful gift from two genuinely generous and kind women, and I left feeling grateful and moved that this good-heartedness exists in this world.

Try it. Migun serves more than 100 people per day. People come in just to relax after a stressful day, or to treat a minor, temporary health ailment, or even to help cure debilitating illness. Renee and Tara have witnessed remarkable and profound healing among many clients, including themselves. There exist many, many testimonials of the powerful effects of thermal acupressure treatment. I believed I would enjoy the session, but I was unprepared for the deep quality of the work, as well as the lasting effects upon my spine. I also have a slight neck injury, and I hurt not at all afterward, truly a surprise in itself. Check out their Origami Peace Project, too – an opportunity to create a folded paper phoenix to be hung from their tall ceiling to increase aesthetics as well as a feeling of calm and transformation.

> I settled in, closed my eyes, and began to yield as much as possible to this unknown experience. The rollers began to move gently along my neck and upper back, the heat penetrated into my flesh (apparently 7 cm.), and I began to let go.

After two hours of bodywork involvement, I drove home and faced the final details of my move. And no doubt the following two days were immensely stressful, but this choice of mine to gift my body and mind and soul with much-needed relaxation and therapy remained with me and helped me on my journey. Blessings and namaste to Eileen Bristol and Anna Maniex of RelaxStation, and Tara McKinney and Renee Miller of Migun.

Migun is located at 4743 Washtenaw Avenue in Ann Arbor. Their phone is 434-6666 or www.migunworld.com. RelaxStation is located at 300 W. Huron St., and their phone is 623-1951 or www.relaxstationmassage.com.

# The Crazy Wisdom Interview with U-M Professor Richard Mann

## A Leading Transpersonal Psychologist Reflects on his Years of Political Activism, and on his own Spiritual Journey

Interview by Bill Zirinsky and Claire Crevey
Edited by Claire Crevey
Photography by Nina Hauser

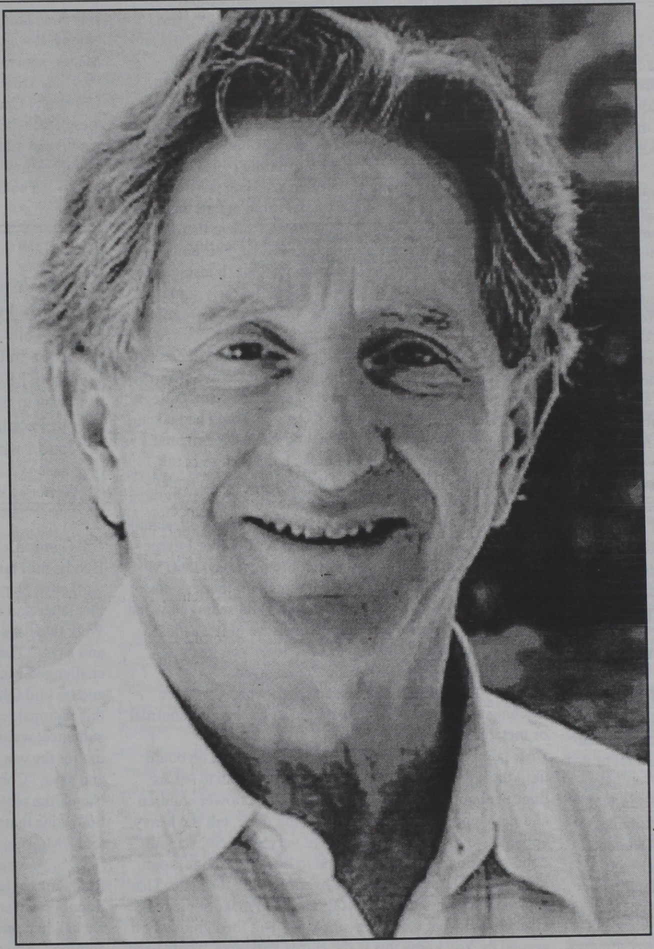
Photo by Nina Hauser

*Richard Mann is a Professor Emeritus of Psychology at the University of Michigan, where he has taught for forty years about group process, psychology and religion, and spiritual development. He was the founder of Project Outreach, an ongoing experiential Psychology program at the University. In addition, he edits the SUNY Press series of books in Transpersonal and Humanistic Psychology, and he has written three books,* Interpersonal Styles and Group Development, The College Classroom *and* The Light of Consciousness.

*Bill Zirinsky and Claire Crevey interviewed Professor Mann on a warm spring day in April at his home in the Burns Park neighborhood, where he lives with his wife, Matruka. Flowers bloomed in the yard outside, and a couple of cats tiptoed and lounged on the sofa as the sun filtered through the curtains.*

*In the interview, Professor Mann speaks about his explorations in Psychology and his political activism as a professor at Harvard and the University of Michigan in the sixties and seventies. He also describes his interactions with the great Hindu teacher Muktananda, which ignited his ongoing commitment to the spiritual path of Siddha Yoga.*

*In addition to his roles as an educator, writer, and editor, Professor Mann has raised three sons, Larry, Ned and David. In the interview, he speaks about the gifts of fatherhood and family life and how the teachings of Siddha Yoga have influenced both his home life and career.*

*Generations of Ann Arbor students interested in self-exploration and consciousness have been drawn to the classes of Richard Mann. Bill and Claire represent two generations of those students, Bill having taken "Psychology and Religion" in the mid-1970's, and Claire having taken the "Psychology of Non-Ordinary Experience" in 1999.*

*This was a special interview for both Bill and Claire, as both regard Professor Mann as a catalyst on their spiritual paths. He is an inspiring teacher who has profoundly influenced the lives of many students by offering support, guidance, compassion, and insight in his singularly relaxed and gentle manner.*

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**Bill Zirinsky:** Dick, it's a beautiful spring day, and things are in bloom in the Burns Park neighborhood. Right outside your door, there's the word "Anusara." What does that mean?
**Dick Mann:** It means flowing with grace. We just like the meaning of it, but it also is the name of a school of hatha yoga, founded by one of our teachers, John Friend.
**Bill Zirinsky:** It's really nice. Thank you for having us both here today to interview you… Where and when were you brought up?
**Dick Mann:** I was brought up in Boston in the thirties and forties. I went to private school outside of Boston for elementary school and prep school at St. Paul's in New Hampshire. So I wasn't in Boston a lot. And then I went to Harvard in '50 and graduated in '54. So all those were kind of Harvardy, Bostony kinds of years, and then I came out here in '54 to graduate school in Psych and later taught for a year. I was here for about five years, and then I went back to Harvard and taught for five years. In '64 I came back here and I've been basically here since then.
**Bill Zirinsky:** Going back to your early years, were you raised in a small family, large family, Presbyterian family…?
**Dick Mann:** We were Episcopalians. The schools that I went to tended to be Episcopalian. My parents were divorced, so my mother was working really hard all through the Depression and into the war years to support the family. She was in public relations. My father lived in Boston for a while and then was gone for a while and then came back to Boston. He was in stocks and investments and various things in his lifetime.
**Bill Zirinsky:** Had your father gone to Harvard before you?
**Dick Mann:** No, he wished that I had gone to Dartmouth. He was a Dartmouth guy. All his family and his parents' generation went to Dartmouth. He grew up in Quechee, Vermont. But he'd gone to the Harvard business school, so he wasn't too upset about that.
**Claire Crevey:** Did you have brothers and sisters?
**DM:** No, but when my mother married Hugh Cabot, a Boston Brahmin kind of guy, he had three kids, and so at various times I had step-sibs. Most of my teenage years, there were one or two stepbrothers or stepsisters that were part of my world. But I didn't really grow up with them very much because I was off at school.
**Claire Crevey:** Did you identify with being an Episcopalian?
**DM:** Yeah, I did. There was a time, I suppose in college and then even when I came here to graduate school, that I'd always think, "Well, maybe I won't do this, and I'll go to Episcopal Theological School and become a minister." It never quite happened, and I was under a lot of pressure against that from my stepfather, like, "Ohhh, don't do that," but it always appealed to me. I knew people who were in Episcopal Theological School. I'd go over and have dinner there, and it just seemed really nice. I don't think it was a deeply theological response or from any great understanding, but compared to everybody going on to Wall Street and the like, this seemed like a wonderful alternative route. But actually, coming to graduate school was about as oddball a thing to do as to go to theological school (laughs). I mean, nobody in that sort of clubby, Harvard world, nobody went to graduate school at all.
**BZ:** I see. They went off to …
**DM:** They went to business school, med school, law school… Yeah, they did that.
**Claire Crevey:** When you were a child, did you have experiences or feelings that foreshadowed a life of spiritual exploration?
**DM:** The school chapel felt really terrific to me. At prep school, you could get up early on Sunday and go to Communion, and then you always had to go to the eleven o'clock chapel service and then later, Sunday night, there was Evensong. I used to love to get up early, and not very many boys would do that. I'd go in the chapel, and I loved it there. That was the safest but also the most serene and beautiful part of that whole school world. You could even do that on the weekdays, get up really early. During the week, there would only be five or six kids at early communion. In that sense, there was a lot of draw.

I don't want to exaggerate it, because in some ways the connection was pretty thin. I taught Sunday school when I came here for graduate school. Because of teaching here at Canterbury, at St. Andrews, I met this wonderful man, John Walker, who was just the greatest guy, one of the most important people I've met in my life. He was a black priest from Detroit who had an interracial parish. Then he went to teach at St. Paul's, which—by then, I was so anti-St. Paul's, I thought, "Well, what would you want to do that for?" And he became the dean of the Washington Cathedral. He became a high official in the church, and I just thought he was the most lovable human being I had ever met. So it was because of these few really wonderful people in the church that I still feel that connection to all that that happened back there. But it was mostly the people, not so much a really strong … You know, Protestants don't have a very deep encounter with God, typically, at least not in the Episcopal Church. I'm not saying they never do, but it's not … They don't specialize in that (all laugh).
**BZ:** As you look back on the first eighteen years of your life, what's most memorable to you in terms of who you became later in your life? Did anything foretell …
**DM:** I was always the youngest, always the smallest in every class, until I finally … just before I graduated from school, I realized there was one kid in class that I was taller than (laughs). And then I grew a lot in college. It was just sort of odd. I think I was always drawn to … in terms of the teaching, what foreshadowed wanting to teach, I wanted to create a kind of environment that was different from what I had grown up in, which was all so impersonal and so pretendy and fake. There was just no respite in any of those school years from that.

My sails kind of billowed out when I got to college. I think before then, I was trying to figure out how to play the game, how to get along and not be noticed, because noticing led to bad things rather than good things. It was always a manner of staying in the shadows. Prep school was a bad scene. I liked the school part of it. I worked hard at some things. But I wasn't terribly on fire with the intellectual part of it. I just was a little confused, it seems to me.

# The Crazy Wisdom Interview with U-M Professor Richard Mann

(continued)

And then I got to college, and the first year was sort of a continuation. I was a cox on the crew, and all my friends were prep school kids, and they all, or pretty much all, were going down to the boathouse every day and getting drunk on weekends … and clubs… All that stuff lasted for about a year and a half, and then suddenly I got into this social science world. Freed Bales said, "Do you want to come be in my seminar?" It was a graduate seminar, and I had expressed some interest in it, a small group research thing. You could look through a one-way mirror at how people were … I just was so fascinated with the idea that you could study what to me had been so confusing—like, how do people get liked, and how do they get influence, and how do groups work, and why do different people like each other more than other people? The idea that you could actually study that was just incredible. And then I was hooked. All my friends were graduate students and faculty members for the remaining two and a half years. I just left the other world. I didn't ever feel comfortable in that, you know … debutante parties, and yeah. It was awful.

**BZ:** So it sounds like what opened a door for you into what became a lifetime exploration was that early interest in group dynamics.

**DM:** Yeah, for sure. That was really it. A lot of it had a psychoanalytically oriented edge to it. These people weren't just cold, empirical types. They were reading Freud and Klein and … It was an interesting bunch of people, really good.

**BZ:** So you finished your undergraduate career at Harvard, and then you came here?

**DM:** Came here, yeah. And I didn't know what I was going to do. At first I thought I'd be in Social Psych, and then I thought I'd be in Experimental, then Clinical, then Personality… I was just casting around, and I think again a lot of it was self-exploratory. That was really important. I ended up still doing those group observation things, and even with my research, all through the sixties, it was still studying groups and how teachers relate to students and students relate to teachers, how people relate to each other, you know, all that. So that was important, but also the intrapsychic side of things. That was great.

> From the first term I was at Harvard, a large part of my energy was off in Civil Rights. It was like I'm suddenly an insider, so now I get to kind of let the ladder down out the window and let the people come in and help redress the imbalances of this life.

**BZ:** You must have done some outstanding work in terms of your graduate work.

**DM:** Yeah, I think I did. In those days, it wasn't like you had to have already published twenty articles, which is kind of the deal these days. So Ted Newcomb says, "We got a letter sent from Harvard. They want an assistant professor. Do you want me to put your name in?" I said, "Sure." So I go, and there are all these famous professors (laughs). That was fun.

The Civil Rights movement was just starting, and there was a group called CORE, the Congress of Racial Equality, and really from the first term I was at Harvard, a large part of my energy was off in Civil Rights. It was like I'm suddenly an insider, so now I get to kind of let the ladder down out the window and let the people come in and help redress the imbalances of this life. I moved to a street in Cambridge, and there were no black people, no Negroes, as we would say then. I said, "How come?" And they said, "Well, nobody would sell to a Negro here. Nobody would rent to a Negro on this street." And I realized, well, wait a minute. My first child was born that first term. To be an adult suddenly meant I've got to do something about American society. It just drove me nuts. Bill Gamson and I were both in Boston CORE, and later he and I did that whole teach-in thing. It was a nice association.

**BZ:** Was that here or there?

**DM:** Both. We were both in Boston CORE, and then he came here about the same time as I did.

**BZ:** And were you organizing students, or were you …

**DM:** No, it was just a nonviolent, Gandhian, Boston organization doing picketing and sit-ins. A lot of it had to do with local housing discrimination. You couldn't get an apartment if you were black. We did this thing called testing. If there was an apartment ad in the paper, we'd send a white couple, and they'd say, "Oh yeah, sure." But if you sent a black couple right afterwards, they'd say, "No, we don't have anything (laughs). We're plum out of apartments. I don't know why we're sitting in this office, but … we haven't got any apartments." Then we'd send in a white couple, and of course they'd bring out all these apartments. So then we'd go back in and talk to them. It was interesting, the fair housing movement. Fair housing was just ready to happen. Accommodations, housing, all these things were changing very fast in the early sixties. It was fun to be part of that.

**BZ:** Even then, were you teaching about groups?

**DM:** That happened at Harvard, when I got back there. My stepfather, Hugh Cabot, had brought a course over from the business school to the Harvard undergraduate college itself, which was called Human Relations. And I had taken it as an undergraduate from somebody else. He left, and Freed Bales, who was a sociologist, had taken over the course. It was Bales who I had worked with as an undergraduate. He was my tutor and mentor all those years.

So when I went back to Harvard, I started teaching that course, which was by now called Analysis of Interpersonal Behavior. That was fantastic. I really loved that. My first big research project involved taping all the sessions of all these classes and analyzing, coding, and seeing how the groups change over time. But the pleasure of it was just being in the class. You know how it goes. You just get people talking in a way that they're engaged.

**CC:** In your graduate studies, and then when you were teaching at Harvard, had you started to get into paranormal or metaphysical studies?

**DM:** I don't think the spiritual thing really came on board until the late sixties. The political people began to smoke dope in about '67, '66. The hippies and the flower children and the yippies, they all were smoking dope, but the heavy, anti-war, revolutionary types were very suspicious about dope-smoking because it seemed to be a distraction, some kind of harmless alternative to overthrowing the state. That was the whole point of everything, was to make some real change, and what was dope-smoking? But then gradually it seeped in. You know this is the Burns Park area. There used to be a group called the Burns Park mafia. It was all a bunch of professors and radicals and dope smokers at the same time.

And then, for me, it turned toward Don Juan and Castaneda and Lobsang Rampa, and all that reading and dope smoking was like, oh, there was this interior world. And the music, all these lyrics from Pink Floyd and the Beatles… That was a big deal. We were all just so angry all the time in the movement, just all the time, so this was a wonderful relief from that.

**BZ:** So in the 1960s, when you were here, were you—I knew you were politically active—but did you have some of that political anger?

**DM:** I got here in '64, and I joined Ann Arbor CORE, and then the Tonkin Bay thing happened that summer, and then the escalation of the bombing across the 35th parallel happened in January or February. Bill Gamson and I and a couple of others said, "Well, let's call off classes. We'll just get up on the steps of Angell Hall, and we'll talk about this war and how wrong it is." We went around and talked to all these people and said, "Do you want to join us?" Every day, the chairman of my department would come and say, "How many people have you got?" I'd say, well, thirty. Then forty, then ninety. You know, it was going up and up, and they were getting panicked.

You couldn't turn on the radio without hearing Governor Romney or some legislator saying, "If these professors in Ann Arbor cancel their classes, we'll find a way to kick 'em out." It was a whole big thing. And of course, not all of us really had any classes on Friday anyway, but we were going to do it. It created this huge uproar. Then one night we were meeting up on Olivia 'til two or three in the morning. Fritjof Bergmann and Ted Newcomb said, "Well, they're after us because they say we don't want to fulfill our responsibilities. Instead of teaching less, why don't we teach more?"

So they coined this word *teach-in*, to mean, "Well, we're going to fill the classrooms all night long. We'll have seminars from eight o'clock at night 'til eight o'clock the next morning." We thought maybe a couple of hundred people would show up, and we'd have a great time. *Thousands* of students came. Every classroom was filled all up and down Mason Hall, and auditoriums A, B, C, and D were all filled. By eight o'clock the next morning, there were still three hundred people on the Diag for the final ceremony. It was an incredible success. So that was only March or something of '65.

Then we started something called the Inter-University Committee for Debate on Foreign Policy, and these teach-ins spread all over the country. Everybody would call all the buddies they had, especially in Anthropology—they were the real dynamos.

The funny thing was we were at this meeting at Bill Gamson's house, and my job was to write McGeorge Bundy, the National Security Advisor, I think because I'd worked at Harvard and he'd been the dean then. So I wrote this letter and thought, "Ah, he's never going to answer." Well, two days later I'm outside, and my wife comes out and says, "The White House is on the phone." We challenged McGeorge Bundy to a debate in Washington, and he said OK. So we all went down to Washington for this national teach-in, and he didn't show up. I was in the audience, waiting for Schlesinger to get through apologizing for the war in Vietnam (laughs), and this guy comes in and says, "Come on, come on." And suddenly Ernest Nagel, the philosopher, and I were whisked away in this limousine that went to the White House, where we were told, "Mr. Bundy's not coming."

> Within minutes of Muktananda walking in the room, I was in meditation. He looked over at me, and that was the end of me. I wasn't even in the room. I didn't hear a word he said. I had no idea what was happening, but I was in this peaceful woods, and I could smell it, I could feel the warmth of the pine needles, and I was just in another state.

We said, "What?" It turned out he was in Puerto Rico, talking to Juan Bosch because of the Dominican Republic crisis that was bubbling up at the same time. So we had to come back and tell everybody, "He's not coming." And all the ultras, which are all the people—because there's always somebody to the left of you, no matter how far to the left you are (laughs). There's always somebody telling you you've sold out, you're a wimp, you're a Fascist or something (all laugh). So they were all enraged.

So when he cancelled, we challenged him again. Two of us went down to Washington. There I am in the White House, and there's Bundy and Fred Friendly and Eric Sevareid, and all these people are going to put on a TV version of the Vietnam teach-in. We thought, "Well, we've won. We've got these guys where we want them." We had all these academics on our side who knew exactly what was wrong with the war in Vietnam.

They *murdered* us. They just wiped us right off the plate because they had all these tricky things they could say. We were completely—I mean, we *lost*. I mean, these were famous academics, but nobody was organized in a way to take on these slick guys.

**BZ:** So the first visit was in Washington, almost like a citywide teach-in.

**DM:** Yeah. It was all over educational TV.

**BZ:** And instead of the government rejecting involvement, they actually participated by sending speakers to debate.

**DM:** Absolutely. Bundy would have come. They sent Daniel Elsberg to speak for the government policy.

**BZ:** And you were certainly treated with courtesy. You were brought in a limousine to the White House.

**DM:** Oh my God, yeah. We would go there lots of times. We would negotiate things.

**BZ:** Well, I mean, that's a sharp contrast to maybe five, four years later, when …

**DM:** Oh, totally. Yeah.

**BZ:** There's no debate about these issues.

Dick Mann and his grandson, Evan, a couple of years ago

**DM:** That's really true. When I got back here, it just became more and more. Ed Pierce and I and Barbara Fuller headed up something out here called Vietnam Summer, and then there were the marches on Washington in '68 and '69.
**BZ:** You were very involved in all of that?
**DM:** I definitely was. I think that was kind of the main thing I did, was radical politics.
**BZ:** So, during the 1960s, you were teaching your Analysis of Interpersonal Behavior class?
**DM:** That's right. And I was also the coordinator of the introductory course, which really meant that I worked with a whole bunch of really great graduate students. I really spent most of my time in the sixties hanging out with graduate students. We started something called Project Outreach, and we did a lot of really creative things. It was back in the days when all the graduate students had their own sections, so they were really involved with teaching. Now it's all shifted over to huge lectures. When I first came here in 1964, my first year, I lectured to 1350 students in Hill Auditorium once a week for Introductory Psych.
**BZ:** Wow.
**DM:** And that just seems so preposterous, so, just, what a horrible thing to do. So sort of in desperation, we came up with alternative ways of doing something, and Outreach was really what we did. It's part of Introductory Psych, or it was, originally. Now it's just a Psych course per se. Students go out to mental hospitals and schools and projects and inner city and this and that and the other thing, and it's part of learning firsthand what it means to be in relation to people. Professionals talk to kids in training schools or whatever. And it's still survived. It's huge. Project Community is the Sociology version of it. So, I taught that introductory course, and also Analysis of Interpersonal Behavior.
**BZ:** And the class that you were teaching, Dick, which when I was here was Psych 454, Analysis of Interpersonal Behavior … I was trying to describe to Claire what those groups were like. They were really groups about groups.
**DM:** Exactly. Right.
**BZ:** It seems like there were twenty years of those classes, or I don't know how long…
**DM:** That's probably true. I think they started in '65, and they probably went through the early eighties, anyway.
**BZ:** And they were kind of an amazing opportunity for someone to get credit at the university for being in a class that was really a group dynamics group.
**DM:** Right. And people learned a lot. It was very intense.
**BZ:** Can you describe a little more about what those groups were really about for the students?
**DM:** There was a lot of reading about groups. So there was some kind of intellectual, academic stripe running along. But a lot of it was: whatever happens in the group is just grist for the mill, and the purpose of the group is to understand what's happening and why it's happening. So sometimes that meant, "Is there leadership emerging, or different kinds of leadership?" Or people would get irritated with each other. What was that about? People would get exasperated with some of the … you know, there would be the clique that was sort of running the … that was very superficial and would go on for weeks, and suddenly there'd be a roar of, "Wait a minute. That's all we're going to do, is come in here and talk about bullshit?" And so there'd be a kind of fiery clique subgroup that would come roaring in.

People would be writing papers about what their own role was and what their perceptions were and what they thought was happening out there and how it related to these books they were reading. It was interesting. The first book I wrote was really about those groups. It was called *Interpersonal Styles and Group Development*. It was very academic, but it was about how if you look at these groups, really interesting things are happening. What kinds of roles emerge in groups like that? There were always two or three times as many people who wanted to take the Interpersonal Behavior class as could get in, which is what also happened later with the Psychology and Religion class.
**BZ:** Those groups were powerful. They were powerful learning experiences about how groups operate, about authority issues, about how I or somebody else would come forth in a group. It was a great, fun, turned-on kind of learning environment that was full of a lot of really interesting information about oneself and about other people.
**DM:** Yeah, I think that's really true. That's pretty much always been true. The fact that I shifted into the Psych and Religion course in '77 was really … It just seemed perfectly natural. What discouraged me about these 454 groups or even the T-groups was that they were so oriented to the emotional and interpersonal level of things, which I'm not saying wasn't important, but I was just frustrated. It sort of blocked off the other exploration, the more spiritual, not so psychological. Some people would get stuck at the psychological level.

This intention began to develop in me to do something that opened to include another sense of who we are, who we really are. And that, of course, isn't just about what feedback you get from somebody, or some fight that breaks out in a group. Although that became tremendously exciting, the Psych and Religion class always had another agenda.
**CC:** How did the university or other people in the Psych department respond to those classes and then when you were formulating the Psych and Religion class? Because they both sound like they were maybe a little far out for the time.
**DM:** Well, it was funny. I feel very fortunate in the sense that it was an era in which there might have been a lot of negative reactions from colleagues in Psychology, like, "What's this? This isn't really Psychology. We should be more rigorous," or something. But at the same time that there was sort of this standard bias of Psychology as science, there was this incredible pressure from the students. Just all themselves, they were saying a lot. "This isn't what we want. This is irrelevant. This isn't it." And at the higher levels of the college, there were always chairmen and deans and vice presidents who were looking around all this faculty cadre and saying, "You know, the students are right. They're clamoring for something, and that's a good thing that they're clamoring for it." So there was a lot of support from top levels in the Lit school and the university to just sort of do it anyway.

In '67, there was what came to be called the riots in Detroit, but if you were hip, you called it the rebellion. It exploded. It was tremendous. There were a lot of people killed. It was really a huge thing, whereupon in '67, when all the students came back, especially the black students, they were like, "What the hell are we doing forty miles away from that? That's where life is." They were pushing and making noises, and the faculty was hearing it. The administrators, deans, and chairmen were hearing it. Vice presidents were hearing it.

And so some faculty, the radicals, we decided, "Well, if students want to get out of here and go and do what's relevant, we should just pool all our independent study-granting powers and sign somebody up for four or five courses, and they can get out of here. They don't even have to be on campus. So we had meetings, and the students were all excited: "We want to do this and this." So we created what they called the City Course, a sixteen-credit course, which really meant that, you know, my buddy in Anthropology and somebody in Sociology would sign them up for independent study, four or five courses' worth, and they'd be gone.

And so the newspaper, the *Daily*, began to say, "There's this thing called the City Course." And the students were all excited. The dean calls me and says, "What the hell is this City Course? It hasn't gone through any curriculum committee." I said, "No, it doesn't have to go through a curriculum committee. We all have powers to give independent study." "Well …," you know, and he was really enraged. This was Haber, Alan's father.
**BZ:** As a parenthetical note, Dean Haber was the father of one of the people who wrote the SDS Port Huron statement.
**DM:** So we were a bit defiant. The next thing we hear about it is from an LSA report, the dean's report for the year, saying, "Oh, people say we don't have anything that's relevant to the problems of the real world, but we have something called the City Course," (laughs) and sort of brags about this thing that they were really … And it was always like that, that they couldn't just hold the line against all this pressure to be relevant to what was going on in the world or respond to the war or …

But the faculty just wanted it to go away so they could do their research. I don't mean all the faculty, but two thirds of 'em anyway. So, there'd be people going into the chairman saying, "Can't we fire this guy?" And it was pretty constant, you know, like they were really after my ass (laughter). When the red squad files were opened up in the seventies, we all got to go see what the Michigan state police had in their files. So I got my file, and we see that there's an FBI agent who's writing letters as "a concerned citizen," drafting them and sending them to his boss, and his boss was changing the letters, sending them to the university: "You oughta fire Richard Mann and Anatol Rapoport and Tom Mayer and Julie Gendell," and it turns out that a lot of people that they named did get fired. I mean, they really did. I had tenure. They couldn't get rid of me, but …

It was like, sure, there was pressure, but at the

> In the sixties, the political side of my life, and in the seventies and eighties and beyond, the spiritual part of my life, were always so important that I was always trying to figure out how to get my classes, or what I taught, to cover for what I was really interested in.

same time, there was a lot of support. I went to the vice president for academic affairs, who was leaving. It was Bob Heyns, who had been my thesis chairman, and he was being replaced by Alan Smith. I said to Vice President Smith, "Oh, we could do these outreach projects, like somebody could be picketing (laughs) on a railroad track. The munitions trains are coming by …" He was just horrified. So Bob said, "Well, I'll talk to him, I'll talk to him."

But good chairmen, good administrators, good deans and stuff, are just looking for faculty to come along and kick over the traces. They're sort of against the stodgy faculty. They wouldn't become deans if all they wanted was just to be publishing. And they're educators, and they're … the good ones. And they mostly have been good. So I feel like I've gotten a tremendous amount of support from my chairmen and from deans all the way through, no matter how far out it is.

Photos by Nina Hauser

Richard Mann and his wife, Matruka Sherman.

**BZ:** And it got pretty far out.

**DM:** It did. I mean, my God, when I started the Psych and Religion class, the dean would call me in for lunch about every two years saying, "I'm getting all these complaints." Mothers were complaining that I was, well, not brainwashing, but leading their kids astray into all these spiritual things. And I'd say, "Well, look. Actually, this kid was tripping his head off for a year before he ever showed up for my class (all laugh). He is in *way* better shape than he was when he showed up for the course. It is true that he's off, you know, with Muktananda, chanting Om Namah Shivaya all the time, but …" Of course, his parents' idea was, "Well, we'll send him off to the rebbe in Williamsburg. That would work (all laugh). There must be something we can do to kind of keep him within the fold."

So yeah, it is far out in some ways, but there's always been a kind of a cover. So then Outreach got in trouble. It wasn't academic enough, so some other faculty took it over and made it more rigorous, which was necessary for it to survive. I mean, it wasn't perfect. There was a time I think I must have had 120 independent studies one term. Students would come in, and I'd say, "Sure." Ten, twenty years later, I get all these emails or letters or something: "You know, I just have to say, the time when you said, 'Sure, go ahead. I'll cover for you'—that began this and this and this and this, you know, and that's the rest of my life." So I just feel fine about it. But I'm sure there were a lot of people ripping off. I'm not saying everybody did good work, or … but I don't know, it's just like that. It isn't that far out.

**BZ:** I went off in 1973 to a Gestalt institute in Italy and got credit from four or five or six professors, from you, and from Jim Crowfoot and from Gary Bron, and a variety of people, for going off to Pellin Institute. I'll tell you, I certainly think those three months at Pellin were the greatest learning of my early years.

**DM:** Yeah.

**CC:** It kind of looks like you've had a charmed work life.

**DM:** That's true. I mean, I would never have gotten hired here these days. When I got tenure, I had published maybe two articles. That was all. You don't get tenure these days unless you've published dozens of articles. The main reason I got hired was because the chairman thought I'd be good at undergraduate education. In fact, he wrote in the margin of some letter of recommendation he had received, "productivity?" He was dubious that I was going to publish a lot. And I haven't been sort of a journal type publisher. I've written some books, but I … I've written enough, as far as I'm concerned, but I was not one of the big publishers.

**CC:** It must have given you a lot of freedom to get tenure at such a young age.

**DM:** Yeah, tremendous. I was only like thirty-one when I was hired for the next thirty-five, forty years.

**BZ:** It even allowed you to go and come back.

**DM:** Yeah. It's true. It's been great, totally great.

**CC:** In terms of your work life, the way your career path unfolded, did you feel like you knew what you were doing while it was happening, or did it sort of fall into your lap?

**DM:** I guess, frankly, the truth was that in the sixties, the political side of my life, and in the seventies and eighties and beyond, the spiritual part of my life, were always so important that I was always trying to figure out how to get my classes, or what I taught, to cover for what I was really interested in. I mean, it would've been hell to have to teach something I wasn't very interested in. So I just volunteered to teach the Psych and Religion class. It had been there forever. It was usually about, you know, the reasons that people are involved in religion and they're, you know, they're dependent, they're neurotic, they're brainwashed (laughs), their parents get at them…

**BZ:** It was an already-existing class?

**DM:** Oh, yeah. It was very traditional Psych. Almost every Psych department has a Psych and Religion class. But it's sort of about the "real" reason why they're into religion, which is the psychological reason, not any other real reason.

**CC:** It would be from sort of an atheist perspective?

**DM:** It would be sort of an empirical … It wouldn't be anti-religious. The man who taught it for years and years goes to church, but he doesn't really believe in God. He likes church because it's sort of an ethical bulwark for society and for his personal life. He's a very sweet, very sweet guy. But we taught, obviously, a very different class. And I again always had that sort of experiential thing. It was sort of getting at something that was inside you instead of learning something racing at you.

**BZ:** Would you describe the transition that you made into spirituality generally and to Muktananda and talk a little about his lineage?

**DM:** Sure. Well, I had no idea what I was getting myself into. I just wanted to meet one of these people. That's all. I wanted to see him for myself. But it turned out that even before the talk that I was going to at the Power Center on a Thursday night, I was invited to come over to the ashram, which was at 902 Baldwin. So I'd already been over there, and I'd organized a little seminar for a bunch of my friends and students to come hear him give a seminar on the mind.

**CC:** This is before you had seen him?

**DM:** I hadn't even met him. Somebody called and asked if I wanted to organize a seminar.

**BZ:** You wanted to meet one of "these people"?

**DM:** Yeah, I wanted to meet a holy man. I wanted to see what all the fuss was about. And also I had this image of Don Juan and Don Genaro from the Castenada books, these magical, powerful beings. I wasn't going to meet *them*. So I organized this little seminar, and within five minutes or two minutes of his walking in the room, I was in meditation. I mean, he looked over at me, and that was the end of me. I mean, I wasn't even in the room. I didn't hear a word he said. I just sat there, and I was … I had no idea what was happening, but I was in the woods. I was in this peaceful woods, and I could smell it, I could feel it, I could feel the warmth of the pine needles, and I was just in another state. I had no idea what was happening. I thought that when he first sat down and was sort of waggling his head around that what he had said by looking at me was, "You think you have this Blue Pearl that I talk about, but you don't have any Blue Pearl. You have no Blue Pearl."

I felt incredibly insulted, like he was saying my spiritual value was zero. So that was one thing. My brain was just on fire, like, "He's insulted me. This is embarrassing. Everybody will think, you know, oh my God…" It was sort of all this superficial part of my brain, but at the same time as that was happening, within seconds of my being consumed by all that stuff, I just sank into some inner meditative space, which I had never experienced, ever. And I kind of came back out of it, and I'd hear myself, "Oh, who does he think he is?" and then I'd sink back into it. I came up, and the interpreter said, "Oh, Professor Mann." I was the guest of honor because I'd organized the whole thing. Muktananda was about four feet away from me. And the translator says, "Would you like to ask the first question?" So I said … I couldn't, I mean, I hadn't heard anything he had said. And I said, "Well, yes, just tell Baba that everything he said is absolutely true."

That was a very peculiar thing to say. I mean, it was as if the words were just coming out of my mouth, I couldn't believe them. But that was what I felt, deep inside, was that there was something absolutely true about something, somehow. Really, it was the experience that I had had that was true. And he had that power, and that's who he was. He could just completely change the state you were in just by looking at you.

So I decided to kind of hang around and sort of peek at this man. I'd go and I'd sit as far away from him as I could. He'd be way down at the end of the room, and I'd be looking, and all around him there was always delicious laughter. Within a couple of days, I got this idea that he was the happiest human being I'd ever met. He just was total happiness personified. And I wanted that. It wasn't that I suddenly didn't want the war to stop or didn't want racial equality in the admissions process at Michigan or something. But it was like being in a desert and seeing an oasis. That's just, that's what I wanted. And I figured, well, the other people around him seemed like they were already moving in that direction, so what do I have to do to get that?

So I went off for a weekend Intensive and had more experiences that were just so completely beyond anything I had ever experienced. I was seeing lights and beings and warm light going out of one eye of his and in my eyes back to him... They were meditative visions, and what they meant to me was there's some connection here that I can count on, and it's all about being in some radically different state of consciousness.

He could be very strong and direct. It wasn't as if he was sweet, feathery lightness all the time. He was pretty ferocious when he was on fire. But two seconds later, it would be over. I just wanted that freedom. This man was so free to be happy and so free to be abrupt with people if he was in charge of their doing a good job. He just would tell them. He wasn't horrible, but he was certainly more fiery than I would ever be. It was awesome to see a person like that.

So I began racing all around the world, down to Columbus, Ohio, and out to Oakland, California, and later up to Arcada, California… Sort of the whole year after was about staying in touch with this man and going to his ashrams and chanting these strange, wonderful Sanskrit chants. It was like I was getting burned up from the inside. It wasn't like I sat there and was happy the whole time I was there. It was like therapy. It was like the most intense therapy imaginable. It was like an inferno inside. All this stuff was coming up, and I'd be totally in the middle of some old dramas and the anti-war stuff, and it's just impossible to describe, but it just felt like the way out of whatever that trap was. It just felt like that was the way out.

At one point my chairman and I were flying down to Kentucky, and he said, "Dick, I hear you've been really getting involved in this ashram thing." I said, "Yeah, I really have." He said, "How many hours a week do you think you spend on this thing?" I said, "Well, about thirty-five" (laughs). He said, "Ohh…" (all laugh). But again, he was such a good guy. He never said, "Uh oh. That's not good." But you could tell he was like, "Thirty-five hours is a pretty big hunk out of a work week, don't you think?" (all laugh). But it was just like that. It just took over. It was a great scene.

**CC:** Was that ashram specifically Muktananda's?

**DM:** It was Muktananda's ashram, and in India—obviously Muktananda was a Hindu, but in India, ashrams grow up around a holy person. It's not really part of the hierarchy. That's what the Indian tradition is really like. If there's a holy man or spiritual being that people are attracted to, they just want to come live where he's living, and they build little houses, and more houses, and big houses, and it just goes like that. So he never … You couldn't become a Hindu. In America, you could become a Buddhist, if you were on some Buddhist path around town. More than likely, one of the first things you'd be asked would be, "So, are you going to become a Buddhist?" And that just never happens in the Hindu tradition as he practiced it.

**BZ:** It doesn't.

**DM:** No. You can't possibly become a Hindu.

**CC:** There are no vows of any kind.

**DM:** No. But of course, all the forms he teaches are Hindu forms. All the chants are rooted in Hindu tradition. It's not eclectic. People who had gone and lived in India with Baba, as we called him, in the early seventies, came back with him the second time he came to America, and they just started creating this world. It was as close as they could get to reproducing what it was like to be in Ganeshpuri, in India. So, meditation starts then, and then the chanting of the Guru Gita, and then breakfast, and then the noon chant, and then the afternoon arati, and you know, it was a whole day of practices, including the work you were assigned to do, which was itself a spiritual practice.

> I got this idea that Muktananda was the happiest human being I'd ever met. He just was total happiness personified. And I wanted that. It wasn't that I suddenly didn't want the war to stop or didn't want racial equality in the admissions process at Michigan or something, but it was like being in a desert and seeing an oasis.

So in that sense, it was Hindu, but I think most of us felt like the deeper we got into it, the more the Christian tradition or the Jewish tradition that we'd already been raised in came alive. "Oh, *that's* what the Holy Spirit was. *That's* what Pentecost must have felt like. Oh, I know what *that's* about, *now*." I mean, before, it was like, "And they spoke in tongues, and the flames of fire …," you know, but now we were all—everybody was having those experiences, so of course. It was great. It didn't submerge Christianity. It kind of rescued it, for us. So that part was wonderful. It really felt like it was the esoteric side of religion coming alive and only the exoteric part that we'd left behind. I could always go into a church and feel, "Oh, this is wonderful." I could walk in and feel it was beautiful, *more* beautiful, because of that.

Photo by Nina Hauser

**CC:** You lived in an ashram for some time in India, didn't you?

**DM:** Right. In '89 and '90, for about a year. It was just a great year.

**CC:** What was that daily life like?

**DM:** Well, just like that. I mean, you'd get up pitch dark, get up and meditate in the chanting hall or the courtyard in the pitch dark, and then the lights would sort of come up. There was a chant for an hour and a half called the Guru Gita. There'd be hundreds and hundreds of people, half Indian and half Western, and the Westerners would be from everywhere—Australia, Europe, wherever. And then breakfast, and you'd have work to do. You had a lot of hard work.

My job when I first got there was to supervise a group of house painters from Poona, which is maybe sixty miles away from the ashram. I didn't speak any Marathi, and they didn't speak any English, but the boss guy and I could communicate a little bit. I'd be told, "Okay, this day we're going to paint that building or that building." But it was just, I mean, I just hung out with them. I wasn't their boss. I'd sort of go see how it's coming and, you know, run errands for them (laughs). I was sort of a liaison, that's what I really was, with the paint crew. It was a terrific experience. I later got involved in working with some scholars who were visiting the ashram, tried to make them comfortable, and sometimes counseled people. I did a whole bunch of different things.

**CC:** Was that in Muktananda's lineage too?

**DM:** Yes. He died in '82, and his translator, who he'd been training to take over for him, a great woman named Gurumayi (Chidvilasananda), was then the head of the ashram. So now she's sometimes in India and a lot of times in the Catskills in New York. There's a big ashram there. And then in '84 she came here. She stayed in our house on Cambridge Street. Well, we cleared out, but she and all the people traveling with her were in the house for three or four days. Did you go to the League? Were you there when she was there?

**BZ:** No.

**DM:** It was really sweet. It filled the whole League ballroom. It was really wonderful.

**CC:** So that first Siddha Yoga ashram is now Black Elk Co-op. Is the Siddha Yoga community still strong in Ann Arbor?

**DM:** The community's still huge, yeah. After the first ashram on Baldwin, we bought those two Victorian houses by The Rock that are now Luther Co-op. And at that time, at our maximum, there must have been seventy, eighty people all living an ashram life, bunking down with three or four other people in a room and eating communally and so forth. But then everybody got older and got married, and they started having kids. All over the country the residents began to turn into householders, as they're called in the Indian tradition, who now have a center where they all meet. So now we have a center down at 311 West Huron, just past First, right across from the new homeless center on Huron. That's where we meet. Every morning, there's the Guru Gita, and every Sunday, every Thursday, every Saturday, and every Tuesday, there's always something happening there all the time.

**CC:** Was Muktananda ever living here long term?

**DM:** No. He just came for those two weeks. Then he went off to Columbus, and we went down to find him there. He had an ashram in Oakland, California, and we found him there. He spent a month up in northern California. He was in Ganeshpuri a lot. He died there, in India. So in those early days, if you went to an Intensive, as I did, at the Friends Meeting House, there might be thirty people, and within a year or two, there'd be three hundred. And in another five years, there'd be 1500 or 2500. It was just incredibly special that you got to see this man close up for two weeks in a way that, if you'd come in later, you never would have seen him in such an intimate way. And he'd know your name, and… Yeah, it was a great time.

**BZ:** Did you and your wife Jean get involved in the Muktananda community pretty equally?

**DM:** Yeah, totally. She'd actually been a student of Indian history. When I first met her, she was in Indian history, and she'd been to India before. So, yeah, we were both involved. We got our kids involved. They were teenagers, and in one way or another, they connected with the chants or different parts of it all, and then they drifted away. I had two sons who were musicians, and they had their world.

**BZ:** Was Jean teaching here too?

**DM:** Yes. She taught at the Residential College. She taught a course called Saints and Mystics of the 19th and 20th Centuries in India.

**BZ:** She had a strong interest in religion.

**DM:** Yes, she really did. She taught about Ramakrishna, Shirdi Sai Baba, all the great heroes of the modern Indian spiritual tradition.

**BZ:** It wasn't as if only *you* had gotten involved in Muktananda. You both did.

**DM:** Yeah, totally, right from the beginning. There was no split there. Sometimes she'd be way more involved than me, and sometimes I'd be way more involved than her, but … She was just getting her work life together.

**BZ:** How did family life affect your spiritual life, or vice versa?

**DM:** Well, I guess the kids must have thought it was a little strange, because there were pictures all over the house (laughs), you know, of Muktananda and other Indian things. But oddly enough, I'd say the first thing that comes to my mind is it was really a godsend for them as teenagers to have us be as involved as we were. And we were really involved. We'd get up in the morning and go off to chant but still get back to send them off to school and go back again in the evening and chant. I'm sure there were times when they thought it was excessive, and certainly there might have been times when they thought it was weird, but what they really felt was, "Well, good. Our parents are really involved in something," and so that gave them a lot of freedom. They would be downstairs learning music. They were really, intensely involved in it. They had their world. We had ours.

I'm sure we talked about it a lot. It was what we talked about at the dinner table. But I wouldn't say that they—compared to what it would be like to be in a religious family, to be directed into the Catechism or the Bar Mitzvah or whatever it would be—there wasn't any feeling that that's what it was. There wasn't even a feeling that it was a

## The Crazy Wisdom Interview with U-M Professor Richard Mann (continued)

religion. There was the feeling that it was a path. And the people that I identified with most were the people who believed in adult baptism, that you really have to be pretty much grown up before you take on this great adventure. Your parents don't take it on for you or drag you into it or program your life into it. It's an adult thing. It isn't something that you pretend an eight-year-old or a twelve-year-old is capable of. I mean, not that they don't have wonderful, tremendous intuition, but they really are—they don't see the point of all this stuff.

**BZ:** What were the gifts of fatherhood for you?

**DM:** Oh, that was huge. That was the best. During a lot of the early years, both at Harvard and the remainder of the sixties here, I spent a lot of time with the kids. Some of those years when my first wife was in graduate school, she'd be busy writing research papers all day and into the evening, and I was just hanging out watching Batman and building castles and towers and stuff. I really liked it. I just think it gradually dawns on you that you're doing something really wonderful with your life. If there are ever any doubts about your life direction—I didn't have a lot, but you always sort of wonder, "Well, am I doing the right thing here? Am I contributing?" You don't think that after you've spent hours and hours and hours with your kids. The message sort of comes back like, "Yeah, this is—this is it." And that felt great.

**BZ:** It was a boys' household, huh?

**DM:** It was a boys' household. Three boys. They were great kids. My oldest son ran for school board when he was fifteen, and he got five hundred votes (laughs). He ran on the Human Rights Party.

**BZ:** He did?

**DM:** Yeah. And all the liberals were enraged because it cut into the liberal candidate's votes. It was amazing to see this little kid stand up and just belt out what he thought about the way school should be. He was usually very shy, but he suddenly emerged, and later he worked really hard in the grape boycott. They were out there at Kroger's, picketing for the farm workers. He was an awesome kid. I was really proud of them all.

I don't know why … It's odd. I think that's what an awful lot of parents don't manage to get to in relation to their kids—just to be proud of them. There's always a kind of, "Yeah, *but*." "Yeah, well, I know they're good at this thing, and they're alive, and they're on fire, *but* shouldn't they be worrying about what's expected of them further down the road, and …" I mean, I see so many students, and they write papers that… It's a struggle for them to get that feedback from their parents, that their parents think that they're doing just great. I think that's one of the big … from fatherhood and from Siddha Yoga. Those are the unmistakable signs that somebody's doing what they should be doing. And let that unfold.

> I just think it gradually dawns on you that you're doing something really wonderful with your life. If there are ever any doubts about your life direction—I didn't have a lot, but you always sort of wonder, "Well, am I doing the right thing here? Am I contributing?" You don't think that after you've spent hours and hours and hours with your kids. The message comes back, "Yeah, this is it." And that felt great.

And I think it carried over into teaching. I think it's the same. It seems to me that what I love to do more than anything is convince people, at least as far as I'm concerned, that there are some really great things that are unfolding in their lives. My favorite teaching of Gurumayi is "Nothing has gone wrong." I think it's the most wonderful sentence. Nothing has gone wrong. And we live our lives just constantly … And a lot of parents are constantly sort of putting it on us, you know, "Something's gone wrong. You've gotten the wrong idea about what you should be doing," or "Where did you go wrong? Where did we go wrong? You've gone wrong. Your teachers led you astray."

**BZ:** What's wrong?

**DM:** Yeah, what's wrong (all laugh)? And yet, when people relax, there's nothing wrong. All these kids, all three of them were just incredibly solid about what they wanted to do. And I see a lot of students who just have no idea what they want to do. That must mean a fair amount of "Uh oh," disapproval or something. Whether to please your parents or not to please your parents … what an awful choice. That's always an issue. Anyway, I think "Nothing's gone wrong" is a great teaching.

**CC:** As you became more and more absorbed in the Muktananda community and your spiritual path, did that generally complement the kind of work you were doing? Did you ever want to become a monk or something?

**DM:** Well, in some ecstatic moments, I suppose that occurred to me. But no, I always felt very supported from him and from Gurumayi and others I respected that what I was doing was a really good thing, that it was good for me and it was good for other people. Actually, when I went off to India, I half-thought to myself, "Well, maybe I'll just leave everything behind," and I sold my house and my furniture. I was going to go off, and my future was sort of up for grabs. I hadn't really told Michigan, well, am I leaving or am I not leaving. And Gurumayi, when I asked her, just said, "Go back. Go back and teach." She didn't say anything much more about it. There wasn't a long paragraph saying, "Well, this is my reasoning." She just said, "Go back." I said, "I gotta make a decision whether to go back." "Well, go back."

> What I love to do more than anything is convince people, at least as far as I'm concerned, that there are some really great things unfolding in their lives. My favorite teaching of Gurumayi is "Nothing has gone wrong." I think it's the most wonderful sentence. Nothing has gone wrong.

And that was very much consistent with the general sense that I'd had that there's a quality in the path, in any good path, I strongly suspect, that you gotta play from strength. I wouldn't be a good monk. And that would be like starting all over again. If I had spent my whole life in a kind of monkish way, then it would be fine to be a monk. There's nothing wrong with it. But I'd be like an amateur monk, and I'm a seasoned educator. Which of those two is better? I must have been guided by my own sense of where my strengths were and where my pleasure was.

And I really, I loved being in the ashram. I'm sure that had I stayed in Ganeshpuri or something, I probably would have—I did in fact find ways to be a lot like who I am here, talking to people and teaching classes. I started teaching classes inside the ashram and organizing things. It was a whole creative spurt. I began writing. I mean, it wasn't like I was just in this monkish world. It was a very creative environment for me. But I really, I should've come back, so I did. I'm glad I did.

**CC:** And you've been able to integrate your spiritual work into your career.

**DM:** Yeah. Yeah. I'm very fortunate about that. There are a lot of people for whom it's not that easy. They don't fit together so well. I'm very fortunate. The people I know best in the Siddha Yoga movement—with them I almost never get the feeling that well, their work is over here, and their spiritual life's over here, and the question is how do you get them together? No matter what they are. I mean, they're musicians, or they might be engineers. I can't think of anybody who is endlessly chafing at the tension between their work life and their spiritual life.

I'm sure they wish they had more time to devote to spiritual practices, wish they could easily get up at five thirty every morning and go off like we used to, but that's sort of minor compared to what they are managing. I know a lot of students feel this concern, because they experience a disjunction between the peer culture path and the spiritual path. But you know, if they were really on a spiritual path, which a good many of them are, then I don't think their work would prove to be an obstacle.

**BZ:** At some point, I know that your wife Jean became ill and later died. How long was she ill before she died, and what were the challenges of that period? And as you look back, were there blessings that accompanied the challenges?

**DM:** Oh, yeah, huge. She began more and more to experience the symptoms of emphysema, from about 1984 on, so maybe it was a five-year period. It was a challenge for her because after one bad episode when she was in the hospital, she had to be on oxygen all the time. So the house was full of oxygen cords trailing all around, and she'd go off and teach with her little oxygen tank dragging along behind her.

She was a very brave person. I think she deeply knew that that thing you hear a lot, "I am not the body," was true, and I think she was very attentive to attaining and preserving a state even in the middle of just an incredibly constrictive physical life, where waking up every morning and after every nap, from her subjective point of view, was touch-and-go—is she going to get that next breath? So there was always that sort of wave of panic which is part of living. Once she'd get things going … She was very single-minded about staying as close as she could to being in a good state. And I can't think of a single time in those five years when she fell into "why me" or "poor me."

When I read Ken Wilber or other people talking about the eventual death of a spouse and what the spouse is going through, I think, well, they did something pretty amazing. They talked about it, they were ready, and they were very conscious of what was happening. I can't say that that was what either of us were really doing. We didn't really talk about it. We kept sort of thinking any minute it could just turn around. It was like, we weren't facing death, you know. But we were. We were and we weren't. There were certain things that she wanted to stay alive for. She wanted to see her youngest son get married. And she didn't get to the wedding, but she was alive. She just couldn't make it to Wilmington, Delaware.

So, it was physically really challenging. A lot of asthma and allergies, you know, that twenty-first-century disease of everything triggering off allergic reactions. It was really hard for her. It was amazing, what she went through. Our oldest son died two years before she did. And there again, if it hadn't been for that … just, I don't know. It isn't in the words. We didn't have little aphorisms that we said to ourselves. We didn't have little formulas that said, "Well, look at it this way," but we were living a kind of … I don't know if I can put it into words…

**BZ:** Did years of meditation and chanting and involvement in the spiritual path of Muktananda bear some fruit for you and Jean in that era?

**DM:** Oh, totally, yeah. I mean, it carried us. It was the center. Part of it was the discipline. I mean, we had the Guru Gita at our house, even when she was sick, and every morning at six o'clock somebody would come in through the back door and make chai, and there would be twenty or thirty people coming in, and she'd come down, and we'd chant. I think it was just the discipline and the regularity of what we were doing that made a tremendous amount of difference. And it wasn't just like it was an hour and a half. It spread through the whole day. I guess what I'm struck by, especially when I contrast it—I don't know why I should, but—when I contrast it with someone like Ken Wilber, the words—we weren't doing it with words, that's for sure.

**BZ:** Theirs was a very structured kind of preparing for death.

**DM:** Yeah, that's true.

**BZ:** When my son Sam died, after a forty day hospitalization, last February … As you know, I'm not part of one of the spiritual communities in town, but our friend, and your friend, Ann Wright, was with us, and she chanted the Guru

Photo by Nina Hauser

Gita three different times over the course of the ten or twelve-hour period before he died. It was very powerful and created sacredness in the room. The hospital left us alone and drew the curtain, and then we were just able to be with Sam, with Ann chanting the Guru Gita. It must have taken her an hour each time, I'm not sure. It really helped us to create a space there where Ruth and me and Sam could really enter another zone in those hours.

**DM:** Yeah. I think that's it. And it isn't a very wordy zone. There's not a lot of commentary, fortunately, inside the zone, so… It's so precious. At least for me it was. Those were the times when Gurumayi's teaching "Nothing has gone wrong" was really crucial for both of us. It seemed like everything had gone really wrong on one level…

**BZ:** To the degree that you want to even discuss it, how did your view of the world and of life get altered by being the father of a son who died?

**DM:** I suppose the most dramatic way came when I was at the ashram the year after he died. I went alone because Jean was too sick to go to the normal sort of summer retreat, and I found myself hearing this question inside: "Where is he?" I didn't have to hear it many times to know what it was referring to, but I was surprised that I was absorbed by this question. It hadn't been torturing me. But there it was.

I went into an Intensive with Gurumayi. At one point, she walked out—everybody had almost left the hall, very few people were left—and she walked right by me, and she sort of grabbed my hair and waggled it in a very sweet way, and it just put me in a completely different space. I walked outside, and I was very teary, but not sad teary, just … whatever those other tears are, those tears of joy, I guess. I went back into the hall, and we were chanting. And after the chanting stopped, I saw beautiful, velvety soft lights up in the periphery of my vision. We'd been chanting OM, and as I sensed these lights—I couldn't look at them, they were more in the periphery—I got the sense in my mind that, "Oh, each one of those lights is an OM." I didn't know what that meant, but it just, it was like rows and rows of OM, whatever that meant.

And just as soon as I thought that, I heard Larry's voice. I mean, it was just as clear as crystal, unmistakably his voice. He said to me, "That's where I *am*, Dad." And I just sat there, and as I sat there, I saw this picture of him and me walking up Olivia toward Hill Street, and I knew right away that we were on our way up to the Friends Meeting House to take a yoga class. It was sort of like the last healthy Larry, when he was about seventeen, and he was on his way off to Chicago for his freshman year. And he became schizophrenic during that year. His life was really, really hard for the next eight or nine years. So it was sweet to see that last healthy, bonded, strong time with him.

But the image of those lights and how incredibly tender they were … There's something about divine lights that's like … They're soft. They have this almost texturally soft quality. And I knew that when he said, "That's where I am," that the truth was "Nothing's gone wrong." Everything's fine. And it didn't send me into a whole big cosmological thing about when you die, this happens and that happens. I couldn't tell you ten esoteric sentences about death that I now believe in, but the experience was certainly valid. Whatever that means, it's true. It's fine.

**BZ:** Thank you for sharing that.

**DM:** Yeah. That was a great day.

**BZ:** What are the Siddha Yoga teachings with respect to living a good life? Are there teachings about family life and what it means to live a good life?

**DM:** When Baba first came to Ann Arbor, there was a little poster with his main teaching, which was, "Kneel to yourself. Honor yourself. Love yourself. God dwells within you as you." That's half of it. The other half of that early teaching was, "See God in each other." Those were always complementary teachings. See the divinity in yourself and in everyone and everything. And you certainly get to see what it's like to live that way when you see how Gurumayi or Baba live. But not just them. The people who have been around the longest and seem to have gotten the most—if you ask, "What are they acting as if they were being guided by? By what teaching?" it really feels like they're being guided by a kind of self-regard that's honoring that divinity. And when you stand in front of them, it feels like they're living out a kind of honoring of who everybody is. It isn't like you're God, and to heck with those other people.

When you're with someone who understands this, you feel like you're a picture on the wall at the Met. Somebody's coming by and looking at you, and they're saying, "Ohhh…" You know, "Ohhh…" (laughs). It's like, which painting do you imagine yourself being in the Met? The irises? What would it be like to be the irises? Hundreds of people are coming in, having an incredible spiritual experience just seeing these irises. Or you could be any of them. One by one, every day you could be a different picture. You could be a Botticelli or a Klee. Wouldn't that be wonderful? You could imagine going through the Uffizi and saying, "Now, today, you're going to be on this wall of the Uffizi, and people are going to come pouring by you, and maybe they won't all get it, but just keep your eyes open, 'cause there are gonna be … kids will get it, grandparents are going to sigh and weep, and teenagers are going to stop in their attitude and think, "Oh, wow." It would be fun. It'd be fun to have a yearly calendar built around imagining yourself as each one of those. Imagine yourself as David, you know. People are struck dumb with awe. They can't move. Anyway, just a thought (laughs). And you know, there are a whole lot of other teachings, but …

**Recommended Reading for Dick Mann's *Psychology and Spiritual Development* Class, taught in the Psychology Department at the University of Michigan**

Hermann Hesse - Siddhartha
Thich Nhat Hanh - Peace is Every Step
Ken Wilber - Grace and Grit
Eckhart Tolle — The Power of Now
Stephen Batchelor — Buddhism Without Belief
David Cooper — God Is a Verb
Judith Orloff — Second Sight
Kenneth Ring and E. Valarino — Lessons from the Light
Gary Schwartz — Afterlife Experiments
Kahlil Gibran — The Prophet

**BZ:** No, that's great.

**CC:** Has the Siddha Yoga community changed much since you first became involved with it?

> When Baba first came to Ann Arbor, there was a little poster with his main teaching, which was, "Kneel to yourself. Honor yourself. Love yourself. God dwells within you as you." That's half of it. The other half of that early teaching was, "See God in each other." Those were always complementary teachings. See the divinity in yourself and in everyone and everything.

**DM:** Oh yeah, it's changed a lot. The tests get harder in some ways. There are fewer and fewer of the early years' thrills. Those were great, and everybody loves to tell those stories about the time when they were walking down the corridor and Baba came around the corner and said, "Why aren't you at the chant?" and (gasps). Those are really terrific moments, but that isn't going to happen over and over for thirty years. It's going to be more like, okay, you get sort of weaned by a spiritual tradition to get real, to live your life. It isn't just about certain experiences or a certain intensity from visiting the guru or something. It's about keeping all the things going that are precious without necessarily being wildly over-enthusiastic as you're doing it.

It's a little like the prayer wheels in Tibet. You just keep it spinning. Everybody's sort of putting in their little stroke to keep it happening. And so, it changes. So you're more prone to times of, "Oh, I don't know. It's not really as exciting as it was," or "Oh, don't you remember the day …" It's just all tricks of the mind. They're there to plague you. Wherever you go, it's sort of like seeing little tempters coming after you to make you feel sorry for yourself or something.

It's almost thirty years now. But when it gets roaring, it feels like it all started yesterday. The connection, the similarity between a chant we just did last Thursday, or the Thursday before that—it might as well have been twenty-five years before.

**CC:** How do you feel about some of the changes in the spiritual life in this country in general since you started? Have you noticed changes in the perspectives of the students who come into your classes?

**DM:** Well, I sensed that the students that came to Michigan in the seventies and the early eighties, they were living out what you might call a moratorium. There was a notion that somewhere when you're in your early twenties, it's really a good thing not to go sow your wild oats like some people were doing and not to plunge right into the work-world, but to take a break from the demands of all this thing and get on some kind of path. And I just think it made perfect sense to people in the late seventies that they would either drop out of college and go live in the ashram, or when they finished, they'd go live in the ashram, or that they'd go to India for a year. It was available.

And there was enough support for it to sustain even the counter-pressures from the parent generation. And the parent generation in some ways supported it too. Like, they were parents who—I don't know what era they'd been in, the forties or fifties—they wanted something for their kids that wasn't just the rat race. There was something about the parent generation—I was impressed by how much they supported their kids to live out something that was highly value driven or spiritually driven.

I feel bad for the kids these days in some ways. It was amazing how many students in the mid-seventies and into the mid-eighties decided that what they wanted was what they would get in a spiritual quest. And they did a million different things. And obviously some people still are…

**BZ:** And I don't think you're overstating it, because that's the world I came of age in, Ann Arbor in the seventies. Everybody I knew, in one way or another, was interested in some fantasy or some ideal about how they wanted to live, whether it was a communal, ecological, spiritual, or psychological ideal. There was a lot of utopianism and a lot of searching. It was serious searching among many different spiritual groups.

**DM:** I think the parent generation is really anxious on behalf of their kids, and they've pushed a kind of "Oh my God, oh my God. My kids are not going to be in the upper one percent of the income level distribution," you know, like that just would be horrible. And I just think with students in the seventies, there were a lot of middle class kids around here whose parents were not panicked their kids weren't going to get their Beamers. The flow of panic from parent through the child or swirling around the child is incredibly high. They have no idea how they're ever going to end up living the same lifestyle as their parents, or if they even want to. And yet they know that their parents can't think of anything else that'd be really wonderful other than that they would somehow just make their way right into that groove.

One thing my wife, Matruka, and I have been doing is running workshops for students and other young adults. We call them "Envisioning A Clear Path: The What's Next? Workshop," and we work hard to identify the authentic and expressive paths each person might consider in the next few years, and beyond. We have found that some mixture of self-reflection, group dialogue, and fun exercises opens up the themes that a person needs to play out and develop.

**BZ:** You get a fairly self-selected group of students. Many of them must have some interest in finding their ways to …

**DM:** Yeah, I think that's true. Not so much, like, consciously. They don't want to join up. They don't want to join anything. There's a tremendous fear about joining and being influenced by groups, political groups, any argumentation from a sort of organized, lefty or right-wing thing. They're very mistrustful of the motives of any group that's coming after them. I think part of that's the anti-cult thing, that panic.

So there's not a lot of seeking. There was a time when you knew you wanted to do something, you wanted to make an impact, and you were delighted that there was a group that was organized around the war, or delighted that there was whatever group you had found. It provided a function that matched up. You were trying to put your fidelity somewhere. But there's not as much yearning to put their fidelity somewhere, into a larger cause or a larger project, because there's so much distrust of anything that seems like a total, almost cult-like sense of how to live your life. It doesn't feel like many people are coming up saying, "Look, look, do you know any spiritual communities I could maybe hook up with?" Very few ask me that.

> The tests get harder in some ways. There are fewer and fewer of the early years' thrills... Those are really terrific moments, but that isn't going to happen over and over for thirty years. You get sort of weaned by a spiritual tradition to get real, to live your life. It isn't just about certain experiences or a certain intensity from visiting the guru or something. It's about keeping all the things going that are precious without necessarily being wildly over-enthusiastic as you're doing it.

**BZ:** They don't? I would think that if students today were to ask *any* professor at the university in *any* classroom, it would be *you* they would ask. You know, "Dick, I've driven by Packard. I see that there's a Zen Temple. Should I check it out?" They don't come to you?

**DM:** Not too many.

**CC:** Bill and I were both saying that you and your class were catalysts on our spiritual paths. Do you get a lot of feedback like that?

**DM:** Yeah, I really do. I really do.

**CC:** How do you feel you've benefited or influenced people the most, through different things that you've done, such as writing or teaching? I didn't know that you had been so politically active. That kind of speaks to the issue of how we best help other people. Do you think that's through helping ourselves or, you know, how do you feel about activism versus sitting in a cave and meditating?

**DM:** Right, exactly. Well, it's funny. One of the students that I had in the eighties kind of emerged and pulled me back into the political world that I hadn't been in for so long. You know Phillis Engelbert?

**BZ:** I do.

**DM:** She's just the greatest. She's an extraordinary person. She's the senior staff person for the Ann Arbor Committee for Peace, and she said, "Come on, Dick, be on the Board." She had been in a Peace Studies class that I taught in the eighties with Len Suransky and a couple of other people. So, I did. People really do tug on each other in good ways. And I suppose I've tugged a few people in my day, and I get tugged back. Sometimes I do wonder, "Why do classes go well, in the sense that morale is high, people feel enthusiastic?" I don't know, I just have this sense that whether it's the political era or the spiritual thing, there's some air that comes over the classroom of, "This is a great opportunity. There's something really great that could happen right now."

And it isn't just going to be because I say a bunch of things. I really think what I've done more as a teacher is create structures for people to be able to work with each other. I teach in the Psych and Religion class, or Psychology and Spiritual Development, as it's now called, and half the classroom hours they spend interacting with four other people and then the next week four others, the next week four others, the next week four others. The whole class, they read something, and they write a little paper, and then they get together. They start with what they brought in, and maybe they get through all of that, maybe they don't. At the end of the term I think, "Oh, this was such a great class," and I'm waiting for them to say, "And we loved your lectures," you know, "We loved the reading." Instead they say, "Oh, we loved it when we worked in these little teams. It was great. We got to know people. The only class we ever got to know anybody."

It's so reassuring and refreshing for them to get in a situation where you can be serious. I don't mean somber, but earnest, and dedicated, and committed, and vulnerable. I listen to these conversations … I mean, they're not all like that all the time, but there's a stream that sort of runs through them all the time of "Oh, I read that book, and this is what I thought." Nobody's going to criticize them or say whether their paper corresponds to the postmodern perspective on something or other. They get a lot of really good feedback from each other, just in the simplest form of attention. People really pay attention to each other. And so in some sense, people take themselves seriously. It's because, I think, they're in this structure in which they take themselves and each other seriously.

I taught this big class this year on Psychology and Consciousness. It was like a hundred people. It was huge for me. And I felt discouraged: "Oh my God, I can't reach people in the back row," and this and that, but at the same time, we got it going… Each group made these little DVDs full of video clips and music and voice-overs and poetry, like they produced a fifteen-minute, twenty-minute kind of production in the laboratory. The equipment these days is so incredible, you can just bring in film clips and cassettes and everything, and what you turn out is this amazing, flowing portrait of what it's like to be mature. That was their assignment. It was to take basically any take on any of Wilber's books or Bob Kegan's or whatever and capture what this developmental transition is about.

They were really involved in that. They made all these decisions: "Oh no, let's not use the clip from *Vanilla Sky*. Let's use the one from *Lost in Las Vegas*. Let's do this. Underneath it, let's put Annie Lennox. No, not Annie Lennox, that's not quite it." You're just kind of forced to bring your own seriousness to bear.

**BZ:** What are the books that are part of the curriculum these days for Psych and Consciousness?

**DM:** Well, it changes all the time. I got way involved in the first-year seminar that Claire was in, Non-Ordinary Reality. It was all about clairvoyance and telepathy and out-of-body and near-death experiences and reincarnation and mediums.

**BZ:** And at some point you got married again?

**DM:** Yes.

**BZ:** When was that?

**DM:** I moved back to Ann Arbor in '95, got married in '95, and both of us are involved in the Siddha Yoga community.

**BZ:** You had left Ann Arbor and left teaching for a while.

**DM:** Yeah. I went and lived on Long Island. I lived in Southampton, and then Matruka and I got married and moved out here more or less the same year.

**BZ:** You left here in 1990 or something?

**DM:** '89-'90 I was in India, '90-'91 I was here for a year, and then I thought, I just need to move out there to be closer to where she was.

**BZ:** Had you met Matruka in New York?

**DM:** Yeah, at the ashram. She was part of that community there.

**BZ:** And the university, again because of your tenure, you were just accepted back even …

**DM:** No, they didn't have to accept me. I mean, I was a Professor Emeritus in 1991, so …

**BZ:** What did that afford you? What did that allow you to do, in a sense? To leave and then come back?

**DM:** No. If they don't want you back, they don't have to take you back. I wrote the Chair. She was Pat Gurin. I said, "Could I teach a freshman seminar?" She said, "Oh, yeah." And gradually I slipped back into Psych and Religion. Then the next chairman said, "How about a big class? We're getting a little squeezed here. We gotta get our numbers up. Let's get a big class." I said, "Okay."

**BZ:** What other traditions have you read of over the years which have had resonance for you?

**DM:** I think the easiest for me is the Sufi tradition. I mean, it's so drenched in love imagery, and it's got such a wonderful grasp of the teacher-student, the real master-disciple relationship. I think both those qualities are just crucial. I love it when they're there. I used to read a lot about the Hasids, and they always made perfect sense to me. I'm sure there were things that they said that I didn't understand, but I got again that main kind of mystical, devotional quality, and a lot about the rebbe. I don't read much Buddhism, although I like Batchelor. You know Batchelor's books?

**BZ:** Yes.

**DM:** I think he's great. I use him a lot in classes.

**BZ:** Other writers that have spoken to you over the years?

**DM:** Well, Ken Wilber. I know him well, and I've worked with him, and we were going to write a book together. Maybe we will.

**BZ:** How did you come to know Ken Wilber?

**DM:** He had read my stuff, I had read his stuff, and we had actually corresponded way back in the seventies when he was the terrific editor of *Revision*. And then more recently through my friend, Karl Pohrt of Shaman Drum. He found out that Ken was coming to town and got me and Elliot Ginsberg to come have lunch with Ken.

> Which painting do you imagine yourself being in the Met? The irises? What would it be like to be the irises? Hundreds of people are coming in, having an incredible spiritual experience just seeing these irises. Or you could be any of them. One by one, every day you could be a different picture.

**BZ:** Was it in the eighties that you wrote the book about transpersonal psychology or the seventies?

**DM:** It was in the eighties, *The Light of Consciousness*. It came out in '84. You've always been really sweet to carry it.

**BZ:** Will you describe for our readers what that book was about?

**DM:** Well, I had been particularly struck in Muktananda's autobiography, which is called *The Play of Consciousness*, with his meditative experience of the Blue Pearl. That had a lot of meaning to me, both in meeting him and in reading his own saga. So I decided I would take that particular part of his own meditation, which he describes as it unfolds over a nine-year period—it's really a meditation journal—and use it to talk about what it means to attain yogic mastery, but also to grasp what real devotion is. And also to have a kind of higher understanding of what our human nature is, and what's the intellect.

So anyway, those were the changes that he goes through to realize … you know, he doesn't start off saying, "I am God." The Kashmir Shaivite form of Hinduism culminates in this realization of one's true identity. But in the process, he has these beautiful passages about devotion and … it's a beautiful story. I just decided to interweave his meditative segments with my own experiences with him or anywhere in life. So it was sort of a mixture of personal stories and exploration of the text. And it ends up talking about transpersonal psychology, which was still barely in formation. And I still edit a series, the SUNY Press Series in Transpersonal and Humanistic Psychology.

**BZ:** Do they come to you to review what they're going to publish, or to actually …

**DM:** Yeah, they send me manuscripts. I'm the series editor. And you've got a lot of the … They publish a lot of those books…

**BZ:** Yeah, we do have a lot of those books.

**DM:** Yeah, SUNY's done a great job. So yeah, I loved writing that.

**BZ:** What are the gifts and challenges of being seventy?

**DM:** Oh, gosh. I just feel delighted with my life. I don't particularly feel like I have to rack up a whole lot more points on the board. But I feel like they're going up there anyway. There are a lot of things happening that I'm really happy about. I just feel lucky. You know, I get to do all these things that I want to do—garden, and I can go putter around, and teach, be involved in politics, spiritual community… I mean, it's a great combination.

And you know, it could change overnight. I don't feel like I've got, you know, twenty more years of teaching ahead of me, or forty more or even ten, or … but I love doing it. It's a perfect way to spend a big hunk of the day. But not the whole day. It's great. It's a great diet. I'm out of the house maybe three hours a day, for four days of the week (laughs). That doesn't seem like a very difficult assignment.

This war in Iraq was a wake-up call. A small group of us started by packing up relief boxes, things like band-aids, soap, and combs, which the AFSC sent to Baghdad after the bombing. We were trying to struggle against the all-too familiar states of helplessness, paralysis, or rage. This turned into a group we call Compassion in Action, partly for the ironic acronym. We try to balance inner and outer change. Outer has come to mean contributing to ongoing projects like AIDS orphans in Africa, empowering women in Nepal, and direct support to families in America. And inner means staying close to the wisdom and spiritual practices that will sustain us individually and as a group. Combining individual development, group building, and acting to make a difference in the world is a great and satisfying challenge.

**CC:** Did you have any vision or concept of what your life would be like now or at various stages, and did it turn out to be anything like you thought?

**DM:** Mm. Pretty much. I suppose certainly when I was twenty, I was just trying to figure out what to do. But I think once I found a way to teach, like with the interpersonal course, and a couple of things to really study and a thing to be passionate about that's independent of all that, like politics or a spiritual community, gosh, what a combination of things. What more could you want?

I am enjoying these really good years of home and marriage. I mean, clearly, that's the most absorbing of any topic, in terms of, "What is my life?" I suppose. It's hard to say much about it without sounding goopy, but I think that's the most validating part of life, working on the endlessly ongoing quality of a real relationship. It knocks you off of any sort of easy, airy assumption or stance. The pressure is just huge to be real with what's happening, which is never predictable. I'm very happy about that part of life.

**BZ:** You always continue to look a good deal younger than your years. And yet you're seventy-one. Do you fear illness or death?

**DM:** I guess I'll have to tell you when I get there. I mean, I don't brood about death. And yet when I have an occasional health scare, I'm hardly sanguine. So I don't really know. I don't think I've been put to the test.

**BZ:** Boy, I think that's a really honest, good answer. I feel like it's not until we're put to the test that we really know how we're going to react.

**CC:** Do you have an idea of how your future years will be?

**DM:** I mean, they won't be the same, but I have no idea how they'll be different. I think a lot of us who have been involved in Siddha Yoga kind of always want to create in our minds the image of some kind of intentional, more communal, spiritual community to be plugged into. It isn't going to be sort of moving into the ashram. But it would be very nice to not be so isolated. Sometimes I like to look at these co-housing communities, especially if they have a spiritual basis. But I'm not saying it's going to happen in that form. But if we could do something like that, where you created a spiritual community where what was central wasn't just that you eat together, but that you have a meditation hall or some kind of regular practice that everybody could show up to. That would be great. One of the best things about the ashram is that they kept it going. That flame is still burning. It's been burning for thirty years. It's so sweet. Such an incredible contribution.

**BZ:** Have you done much writing in recent years about your life and your thoughts?

**DM:** I haven't. I think about it every once in a while.

**BZ:** Thank you.

**DM:** Yeah, thank you both.

**CC:** Thank you.

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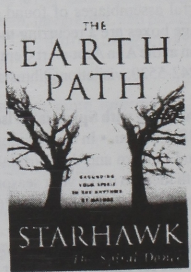
**Reading/Talk & Book Signing with Starhawk**
**Monday, October 18th at 7:30 p.m.**
**at Crazy Wisdom Bookstore**

Starhawk is a witch, peace activist, ecofeminist, and author of several books, including *Spiral Dance, The Pagan Book of Living and Dying, The Fifth Sacred Thing,* and *Truth or Dare*. She is the cofounder of the Bay Area Reclaiming Collective, and she teaches and lectures in the U.S., Canada, Central America, and Europe.



*The Earth Path: Grounding Your Spirit in the Rhythms of Nature* by Starhawk is due to be released in early October. In *The Earth Path*, Starhawk weaves together the latest findings in environmental science with magical spells, chants, meditations and group exercises to create the ultimate primer on our relationship to the earth. The sequel to her bestselling classic *The Spiral Dance*, *The Earth Path* explores the core material of Starhawk's bestselling classic on Wicca from the perspective of 25 years of deepened practice of root earth-based spirituality. Readers learn to use the tools of observation, awareness, and magic to deepen connections with the natural world and gain a deeper understanding of the Spiral Dance ritual.

**Crazy Wisdom Bookstore • 114 S. Main St, Ann Arbor • 734.665.2757**
**www.crazywisdom.net • information@crazywisdom.net**

# The Crazy Wisdom Calendar

## Aging & Sageing

**Aging with Grace and Strength with Ema Stefanova • Sundays, Oct. 24, 31, Nov. 7, 14; 2-3:15 p.m.** • Join Ema Stefanova for a four-class series of yoga and meditation designed to allow the nurturing and embracing of the later years of life. Simple postures to regain agility and strength accompany guided meditations for focus and calm. Enjoy the gentle instruction of body and mind while opening to fully living and loving. For cost, call 665-7801; emastefanova@cs.com.

**Meaningful Aging with Kathie Carlson • Five Thursdays, Sept. 30-Oct. 28; 7-9 p.m.** • Drawing from the work of Carl Jung, Erik Erikson, and others, we will consider the journey into age as a new and potentially rich stage of psychological growth. We'll read about, discuss, and share experiences of personal, cultural, and archetypal dimensions of aging. Mini lectures by instructor included. $100 for series. Call 517-339-2518.

**When We're 64: Reinventing Retirement with Jane Spinner and Therese Stanton • Saturday, Oct. 2, 10 a.m.-4 p.m. and continues for seven consecutive Wednesdays from 6:30-9:30 p.m.** • Planning the next phase of your life from a physical, emotional, spiritual, and financial perspective. $795. Call Jane at 913-6252.

## Animals & Spirit

**Energy Healing with Animals with Ray O. Golden • Dec. 12, 9 a.m.-6 p.m. and Dec. 13, 7-9:30 p.m.** • This class is oriented toward working with animals. The first day is the Traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend class. For cost, call 663-9724; intuitivehealth@aol.com.

**Talking with Animals with Karen Kittredge • Sept. 12, 10 a.m.- 5 p.m.** • Join professional animal communicator/pet psychic Karen Kittredge for a unique all day experience on a beautiful farm in Oxford. Instruction and hands-on practice talking with Icelandic horses, dogs, cats, wild animals, trees, and the land. Learn how to interpret behavior issues, health concerns, and find out what animals love about life! Beginners welcome. $75. Call 585-455-8272 or 810-793-4832; karenkittredge@hotmail.com.

## Art & Craft

**Art in the Barn: The Artwork of Barbara Thomas Yerace and Valerie Mann • Oct. 3, 4-6 p.m.** • For several years, Barbara Yerace (glass) and Valerie Mann (printmaking) have collaborated to create powerful assemblages of found and constructed objects. Symbols of fertility displayed in vintage boxes are a recurring theme. Their work from this series was featured in a solo exhibition at the Ann Arbor Art Center. This show runs through Nov. 5. No fee. Call Visitation at 734-242-5520; visitation@ihmsisters.org.

**Ancient Noel: Winter Decorating with Spiritual Wisdom as Our Guide with Daniel Little and Cecile Green • Nov. 18, 7-9 p.m.** • In this evening workshop, we will explore seasonal decorating ideas ancient and modern and the spiritual truths they represent. Insightful and practical, you will leave with ideas to make your seasonal celebrations more meaningful and related to the cycles of nature and Spirit. $10-$15. Call 761-9144; heart-and-soul@comcast.net.

**Mask Making with Mariah Pixi Nyies through Gateways Center for Life Enrichment • Nov. 12, 6:30-9:30 p.m.** • Masks are for fantasy, illusion or protection. Come to create a mask or two, ready-made half or full face. Materials provided, but please bring anything you wish to work with. $15. Call 476-5477.

**Weaving Classes: Beginning and Continuing with Stefanie Meisel of Meisel Designs Studio • Classes begin in September** • Explore the magic of weaving your own cloth in a relaxed country setting. Limited class sizes. Looms provided. $120 plus materials. Call 517-522-8727; meiseldesigns@yahoo.com.

**Collage Workshop with Dawn Gaden • Sept. 2 and 9, 6-8 p.m.** • Explore your thoughts, feelings, dreams, and goals through pictures. See yourself in a new light! Use your creativity and intuition to guide you on your path. $75 includes supplies. Call 810-225-0463.

Daniel Little and Cecile Green are the proprietors of Landscaping for the Heart and Soul, as well as Heart and Soul Natural Building.

"For me, it's really all about feeling and relationships. I am excited about inviting all to feel the space and develop and honor their relationships between all participants: Earth, the place, materials, flora and fauna, and the humans, homeowners and builders. The materials themselves evoke such a sense of Feeling, using natural materials effortlessly invites us into relationship with the world we live in."

- Daniel Little

"I love to play in the dirt, serving the Earth and her peoples and creatures through helping to create spaces that nurture the Heart and Soul."

- Cecile Green

**Ann Arbor Art Center's Sundays@1 Workshops at Ann Arbor Art Center • Every Sunday, 1-2:30 p.m.** • Sundays@1 is a weekly workshop series that gives families a chance to drop in and explore creativity together through themed workshops. $12 each Sunday and free the first Sunday of each month. Call 994-8004; info@annarborartcenter.org.

**Pottery Making On the Wheel: Beginning, Continuing and Advanced with Kay Yourist of Yourist Pottery Studio • 7-week class sessions begin in September and November** • Pottery making classes for beginning and advanced students both on and off the wheel, meeting once weekly. $155. For class dates and times, call 662-4914; kay@youristpottery.com.

**Gallery Shows at University of Michigan Museum of Art • Hours are Tuesday, Wednesday, Friday, Saturday: 10 a.m.-5 p.m.; Thursday: 10 a.m.-9 p.m.; Sunday: Noon-5 p.m.** • Admission is free with $5 suggested donation. For more information, call 763-UMMA; www.umma@umich.edu.
**Georgia O'Keeffe and the Sublime Landscape** through Sept. 26, with a 60-minute video of her life and art showing Saturdays and Sundays at 1 p.m., 2:30 p.m., and 3:45 p.m.
**Searching for the Photographic Sublime: Adams, Cunningham, and Weston** through Sept. 26.
**Nature Transformed: Wood Art from the Renowned Bohlen Collection** through Oct. 3.
**Memorials of Life in Ancient China: Chinese Mortuary Art Across Four Millennia** through Nov. 28.
**A Medieval Masterpiece from Baghdad: The Ann Arbor *Shahnama*** through Dec. 19.
**Art of the Lega: Meaning and Metaphor in Central Africa**, Oct. 16-Jan. 16, 2005.

## Artist's Way

**The Artist's Way with Jill Blixt • 10 Wednesday evenings beginning Sept. 15, 6:30-9:30 •** The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice – that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music, and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life not matter what form it takes. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

**Deepening Your Artist's Way Journey with Jill Blixt • 10 Tuesday evenings beginning Sept. 14, 6:30-9:30 •** Take the transformative power of *The Artist's Way* deeper with Julia Cameron's newest sequel titled *The Sound of Paper*. Continue your journey by gently charting your course through the weather of your life. Through a variety of experiential activities, you will gain resilience and practice ways to make an artful life, a life that fuels your inspiration. This workshop is for those who have worked with *The Artist's Way* and wish to deepen their creative self-exploration. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

**With Pen in Hand: Following the Compass of Your Heart with Jill Blixt • 10 Monday evenings beginning Sept. 13, 6:30-9:30 •** Word by word, writing can be the compass for finding our truth. We can experience our deepest selves when we develop a regular writing practice. Writing can bring us in closer contact with our soul's wisdom and our spirit's passions. We can nourish our voice by taking up the pen and meeting ourselves on the page. This workshop is for anyone who wishes to build a regular writing practice whether it is for personal insight or creative expression. Join us. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

## Astrology

**Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 26 and Nov. 7; 3-5 p.m. at Crazy Wisdom's Community Room •** The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994, and are presently meeting in Crazy Wisdom's Community Room. They use their association for networking, engaging speakers, book recommendations, and chatting about astrology. During their usually monthly meetings, discussions focus on delineating natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. Astrologers of all levels welcome. $5, with the first meeting free. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

**Lights of Night and Day: Eclipses and How They Forecast Events with Pat Geisler, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) •** Nov. 21, 1-5 p.m. • Solar and lunar eclipses can be ranked in order of significance. Some will impact the whole world, others will only affect specific charts. Learn how to rank and use these ancient forecasting tools effectively. $30 or $25 if pre-registered. Call Rod Smith at 434-0768; rodsmith_au@earthlink.net.

**Working with the Houses with Rod Smith, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 12; 3-5 p.m. •** This workshop will be held at the Dreamland Theater in Ypsilanti, and will cover how to use known strengths to overcome latent weaknesses in any natal chart. Learn how to discover the relationship between the houses in a natal chart and use them to your benefit. $12. Call Laura Bollettina at 995-4483; laurab@umich.edu.

**Forecasts for 2005 with Raymond A. Merriman, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Dec. 29, 8 p.m. •** This annual lecture has been presented by the internationally acclaimed astrologer in 3-5 cities around the world every year since 1976. This year, he will provide one of the most unique, affordable, and accurate glimpses into 2004. Very few annual presentations have so accurately described the political, psychological, economic, and financial market conditions of the world, one year ahead of time, as frequently as Merriman's. Utilizing the studies of cycles and geocosmic factors, the annual Forecasts Speech contains special discussions on the U.S. political and economic arena, interest rates, Stock Markets, Precious Metals, weather, and other information relevant to traders, investors, and students of astrology. It is a speech that astrologers and non-astrologers, as well as investors and non-investors will enjoy. $25 or $20 if pre-registered. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

**Meeting and Holiday Party of the Astrology Study Group of Washtenaw County (ASGOWC) • Dec. 5, 3-6:30 p.m. at Crazy Wisdom's Community Room •** See above description of regular meetings. $5. For more information, call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

**Ten Year Anniversary Celebration of the Astrology Study Group of Washtenaw County (ASGOWC) • Oct. 16, 6-10 p.m. •** Ten years ago on this date, Founding Mama and beginning astrology student Bon Rose Fine placed a personal ad in the paper and began to gather a consortium of friends who were devoted to the study and practice of astrology. Today, ASGOWC boasts an email contact list of over 100 people, has members connected with national and international professional organizations, and sponsored scores of lectures and workshops, many by prominent internationally known astrologers. On this night, the Study Buddies will feast and celebrate their ninth solar return at Taqueria Jalisco. No more than $20. Reservations required. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

**Astrology for Beginners with Bon Rose Fine • Twelve Mondays, Sept. 27-Dec. 13; 7-9 p.m. •** This class is a fun but well-grounded approach to learning the basics of astrology. Signs, planets, houses, aspects, and beginning delineation will be covered. All students will receive a textbook, several handouts, a computer-generated report with a copy of their own natal chart, and an additional six charts of their choosing. $120 or $110 if pre-paid. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

## Author Receptions

**Booksigning and Lecture with Thomas Garrett Isham, Author of *Dimensions of the Enneagram: Triad, Tradition, Transformation* • Oct. 2, Booksigning at 1 p.m., Lecture at 1:30 p.m. at Crazy Wisdom Bookstore •** Want to know who you really are? Not the superficial you, not the you who is visible to everyone you meet on the street. The "real" you, the deep-down essential you, the you where vital change can occur to make your life fuller and happier and of greater service to others. To find the real you, you need a traveler's guide, a map, a key. You need to find a way to unlock the innerself in which the real you is located. The enneagram system of personality types, which combines wisdom both ancient and modern, is a spiritual and psychological body of knowledge that furnishes just such a key. *Dimensions of the Enneagram* explores the nine-type system of the enneagram – the ideal personality typing system for serious seekers of the "real" you – within the context of Christian belief and other sources of traditional knowledge. It explores not only the nine types of personality, but spirit, soul, and body; esoteric theory; and personal transformation. Free. For more information, call Crazy Wisdom at 665-2757; information@crazywisdom.net or www.crazywisdom.net.

> The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.
>
> - Albert Einstein

**Booksigning and Lecture with Starhawk, Author of *The Earth Path: Grounding Your Spirit in the Rhythms of Nature* • Oct. 18, 7:30 p.m. at Crazy Wisdom Bookstore •** In *The Earth Path*, Starhawk weaves together the latest findings in environmental science with magical spells, chants, meditations, and group exercises to create the ultimate primer on our relationship to the earth. The sequel to her bestselling *The Spiral Dance*, *The Earth Path* explores the core material of Starhawk's classic on Wicca from a perspective of 25 years of deepened practice of root earth-based spirituality. Readers learn to use the tools of observation, awareness, and magic to deepen connections with the natural world and gain a deeper understanding of the Spiral Dance ritual. Free. For more information, call Crazy Wisdom at 665-2757; information@crazywisdom.net or www.crazywisdom.net.

**Booksigning and Chat with Janina Renee, Author of *By Candlelight: Rites for Celebration, Blessing & Prayer* • Nov. 6, Booksigning at 1 p.m., Chat at 2 p.m. at Crazy Wisdom Bookstore •** The simple act of bringing light to darkness is a moving and meaningful way to create sacred space, celebrate joyous occasions, and find solace in times of loss. Candle rites are also a time-honored way to bestow blessings upon loved ones or focus energy on any wish or intention that you may have. Warm and wise, *By Candlelight* is the most complete guidebook to candle rituals available. Within these pages are 87 beautifully crafted rites for a wide variety of common concerns, large and small. From a rite for "evoking the good in others" to "summoning personal willpower," there are rituals for both public and private spheres of life, along with prayers, blessings, meditations, affirmations, visualizations, and ceremonial actions. Suggestions are included for using color and fragrance, home altars, and other approaches to enhance and personalize your candle rites. Free. For more information, call Crazy Wisdom at 665-2757; information@crazywisdom.net or www.crazywisdom.net.

**Booksigning and Lecture with Elizabeth Hazel, Author of *Tarot Decoded* • Nov. 13, Booksigning at 1 p.m., Lecture at 2 p.m. at Crazy Wisdom Bookstore •** *Tarot Decoded* transforms ordinary, mundane tarot readings into profound and surprising revelations by explaining the use of significance of tarot dignities, the interaction of the individual cards with each other in a spread and within a range of various attributions. Find out how neighboring cards in a spread influence each other, either enhancing or hindering the energy of the individual cards. Then learn the significance of groups of cards in different neighborhoods within a spread based on suits, card numbers or types, and similar attributions. In *Tarot Decoded*, Hazel offers a progressive look at the art of tarot using detailed example and explanations that will give your readings new depth, integration, and power. Free. For more information, call Crazy Wisdom at 665-2757; information@crazywisdom.net or www.crazywisdom.net.

**Author Receptions at Nicola's Books •** Free. For more information, call 662-4110; nicolasbooks@sbcglobal.net.
Sept. 14, 7 p.m.: David Sosnowski, author of *Vamped*
Sept. 22, 7 p.m.: Bill Wellman, author of *Three Suns of August*
Sept. 28, 7 p.m.: Robert B. Parker, author of *Melancholy Baby*
Sept. 30, 7 p.m.: Jennifer Leo, editor of *Whose Panties Are These? and other Misadventures: Funny Women Write from the Road*
Oct. 7, 7 p.m.: Michael Hoeye, author of *No Time Like Show Time: A New Hermux Tantamoq Adventure*
Oct. 13, 7 p.m.: Nancy Reisman, author of *The First Desire*
Oct. 24, 2 p.m.: Tamora Pierce, author of *Trickster's Queen*
Nov. 10, 7 p.m.: Lynne Truss, author of *Eats, Shoots & Leaves*

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# The Crazy Wisdom Calendar

## Bodywork and Body/Mind Therapies

**Feldenkrais Awareness Through Movement Class with Katherine Rogers • Wednesdays, 6:30-7:30 p.m.; Segment 1: Sept. 8-Oct. 13 or Segment 2: Nov. 3-Dec. 15 (no class Nov. 24)** • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from, and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. The class is appropriate for all ages and physical conditions. $10 per class with the first day free to newcomers. Call 971-5285; rogers@wccnet.edu.

**Taste of Trager with Eileen Dickinson • Sept. 23 or Oct. 27; 7-8:30 p.m.** • Allow yourself to be moved to a new way of feeling and being. Receive a hands-on sample of this profound work and learn self-care movements that promote ease in the bodymind. $15 which may be applied toward a private session. Call 717-4145; edickins@umich.edu.

**Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Tuesdays, 7:30 p.m. or Saturdays, 1 p.m.** • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class or $50 for five-hour weekend workshop. Free introductory class. Call 665-0849; agreminger@ameritech.net.

**Wake Up to Health!: Explore Inner Peace and Outer Wellness with Cassie Cammann of Deep Spring Center • Ten-week class meets mid-October through early December** • We will use insight meditation and mindfulness practice, energy principles, polarity and yoga exercises, body awareness, and deep relaxation techniques. $250. Limited to 12 participants. For dates and times, call 662-6704.

**Body Stories: A Movement Workshop with Barb Badolati of Alive and Well, at Essential Energies in Jackson • Oct. 2, 10 a.m.-1 p.m.** • Experience the beauty ... of you! This workshop is about experiencing the beauty, depth, wisdom, and celebration of your body. Barb will lead us in visualization, self-dialogue, and interactive experiences that will help each of us to experience the true miracle of our body. You will gain a greater appreciation and acceptance of yourself – inside and out. Expect to be inspired and delighted! $45 or $35 if pre-registered. Call 517-796-2082; essentialenergies@sbcglobal.net.

**Transformational Joy Breath Series with Julie Wolcott and Marcia Bailey • Six Tuesdays, Sept. 21, 28, Oct. 5, 12, 19, 26; 7-10 p.m.** • Six powerful breathwork sessions to increase your inner alignment through focus on the breath. In each class, you will learn breathing techniques for improving and increasing your energy level and sense of well-being, participate in a 45-minute group breathing session, learn how to open and correct restrictive breathing patterns, and learn how the transformational breath can help you live a healthier and more joyful life. Any one of these six workshops can serve as an introduction to the transformational breath, which is Judith Kravitz' approach to connected breathing. A person who attends two or more of these sessions will receive a logical progression of information and experiences than can assist in opening the breath. $30 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

**Polarity Therapy Level 1 with John Bodary, Renee Rutz, and Karen Kerns • Mondays, Sept. 13, 27, Oct. 11, 25, Nov. 8, 22, Dec. 13, and Jan. 8; 6:30-10:30 p.m.** • Polarity therapy is an energy balancing system that employs the currents of the life force (energy). It is both an art and a science! As a way of life, it becomes a paradigm for holistic health. Classes are taught with lecture, polarity technique demonstrations, and student participation. Supervisions with the instructor of the class. $140. Call the Polarity Center at 313-582-5034.

**Anatomy and Physiology with a Polarity Perspective with Karen Kerns • Oct. 16 and 17; 9 a.m.-5 p.m.** • The October class will present the digestive system. Anatomy and Physiology concepts of the digestive system will be presented, along with its role in energy enhancement and diffusion. Palpatory skills and energetic protocols will be presented. $200. Call 248-446-3134; kernskm@aol.com.

**Introduction/Prerequisite to Biodynamic Cranial Sacral Therapy with Jan Pemberton • Oct. 21-24 or Dec. 9-12: Thursday-Saturday, 9 a.m.-5 p.m. and Sunday, 9 a.m.-4 p.m.** • This class is a prerequisite for the Certification Course (twelve four-day modules) that will start in February 2005. This class is an introduction to the uniqueness of Franklyn Sill's approach to cranial work, including embryology, the importance of making appropriate relationship, and the mystery and wonder of our cranial sacral system. This is an experiential class. $440. Call 973-2013; www.biodynamiccranialsacral.com.

**Rolfing and Embodiment with Leland Austin • Sept. 29 or Nov. 10, 6-8 p.m.** • Traditionally, Rolfing works to release restrictions in the myofascia of the body to create flexibility and increased movement, and decrease chronic pain. In addition to my traditional practice of Rolfing, I also work with some clients to help them bring gentle awareness to different parts of their bodies and notice the subtle arising and unfolding of sensations and emotions. This presentation is designed particularly for persons who have received previous bodywork, who have or are presently engaged in psychotherapy or are engaged in spiritual practice. For more information about Leland and his work, see Around Town column at the beginning of the Journal. Free. Call 327-1066 at least 24 hours before presentation begins.

**Bodiness: Confusing Experience Seminar with Harriette Hartigan • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 1-3 p.m. •** In a seminar setting, explore cultural complexities and personal challenges in living the physical and emotional realms of our body experience. Consider the known, and the mystery, of being in body. Share together body wisdom and body questions. $25 each Saturday. For more information about Harriette and her work, see Around Town column at the beginning of the Journal. Call 677-0519; insight@harriettehartigan.com.

**Triple Helix I Class with Alana Martin and Anne Carbone of Temple Academies-Michigan • Oct. 4 and 11, 7-9:30 p.m. •** The Triple Helix creates a safe space that assists in the development of healthy boundaries. It helps preserve your own healing energies, guards against "burnout," and effortlessly shields yourself from contacting clients "stuff." This is a completely compatible method that respects what you are already doing while adding impact and dynamic effectiveness. $195 includes workbook, sacred geometry mandala sculpture, and certification as a Triple Helix I practitioner. Call 355-1890 or 971-5849; templeacademymi@aol.com.

**Meridian Exercises for Health and Vitality with Cynthia Conklin • Sept. 15, Oct. 20 or Nov. 17; 7:30-9 p.m. •** You will learn the six basic meridian exercises as first developed by the great Japanese shiatsu master Shizuto Masunaga. These easeful exercises create a harmonious state in both mind and body. Excellent results can be achieved in just ten minutes of relaxes practice per day. Come wearing loose, comfortable clothing. $20 includes handouts and a discount coupon toward a private sessions. Repeat class is $15. Call 213-1773; dechen@flamingjewel.org.

**Therapeutic Touch: Honing Your Perception Skills with Mary Light • Oct. 16 and 17; 9 a.m.-6 p.m. •** This two-day, 16 CEU workshop recognizes that everyone can perceive subtle energies, gain useful insight, and facilitate healing when putting the precepts of the therapeutic touch method to work. $250. Call Gaia Center for Holistic Studies at 945-3385.

**Healing Touch Practitioner Support Night with Great Lakes Center for Healing Touch • First Tuesday of each month, 6-9 p.m. •** Come network with other Healing Touch practitioners and practice your skills! All levels of ability welcome. $20 or $10 for members. Call 332-9332.

## Book Discussion Groups

**Crazy Wisdom Reading Circle • Friday, Sept. 3; Tuesday, Oct. 5; Friday, Nov. 5; Tuesday, Dec. 7; 7 p.m. at Crazy Wisdom's Community Room •** Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. September's selection will be *Thieves in High Places: They've Stolen Our Country and It's Time to Take It Back* by Jim Hightower. October's selection will be *Out of the Labyrinth: Who We Are, How We Go Wrong and What We Can Do About It* by Carl Frankel. November's selection will be *The Introvert Advantage: How to Thrive in an Extrovert World* by Marti Olsen Laney. December's selection will be *The Path: A Practical Approach to Sorcery* by Esmeralda Arana. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

**Book Discussion with Ruth McDonnell and Helen Oprysek through Visitation • Sept. 30, Oct. 28, and Nov. 18; 1:30-3 p.m. •** This popular book club brings together new friends and old for lively discussion on contemporary and classic books. At every gathering, the club focuses on a new book of universal appeal that touches and enriches life experiences. The book-of-the-month will be determined at the prior month's gathering. The book for the first session is *Cold Sassy Tree* by Olive Ann Burns. You are welcome to come to as many sessions as you wish. Please read the book prior to sessions. $5 per session. Call 734-242-5520; visitation@ihmsisters.org.

## Buddhist Teaching & Buddhist Meditation Also see "Meditation" Section

**Zen and American Culture with Andrew Wright at Still Point • Sept. 25, 1-4 p.m. •** An nteractive session on the impact of Zen on American culture, and vice versa. $30. Call Parang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

**Heart Practices for Spiritual Transformation with John W. DeLuca • Sept. 17, 7-9 p.m. •** The great Tibetan Buddhist scholar/yogi Tsong Khapa espoused three principles or foundaions of the path to enlightenment: determination, compassion, and wisdom. Understand hese fundamental processes and how they can have a tremendous impact on your life. Learn o use these powerful non-denominational transformation techniques by employing a combination of analytical and guided visualization meditation. $40 Canadian. Call Davina of Neuro-Biofeedback Wellness Centre in Windsor at 519-253-1871; johndeluca@fearlessheart.com.

**ntroductory Zen Meditation Course at Zen Buddhist Temple of Ann Arbor • Five Thursdays beginning Sept. 16 and Oct. 28, 6:15-8:30 p.m. •** The viewpoint of Zen is that life lived fully n each moment is the end and purpose in itself, and not the means for something else. Held n the Temple's meditation hall, the course includes some simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120/$100 unwaged. Call 761-6520; a2buddha@provide.net.

**Open House at Zen Buddhist Temple of Ann Arbor • Oct. 17, 1-4 p.m. •** For more information, all 761-6520; a2buddha@provide.net.

**Holiday Auction at Zen Buddhist Temple of Ann Arbor • Dec. 4, 7-9 p.m. •** For complete nformation, call 761-6520; a2buddha@provide.net.

**One-Day Zen Meditation Retreat at Zen Buddhist Temple of Ann Arbor • Sept. 18, Nov. 13, and Dec. 29; 7 a.m.-5 p.m. •** Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of slowing down, silence, and mindfulness. $50 includes vegetarian meals. Call 761-6520; a2buddha@provide.net.

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**If you missed getting your listing into the current issue of *The Crazy Wisdom Community Journal*, our email service is an excellent way to still reach many people who might be interested in what you're offering.**

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# The Crazy Wisdom Calendar

## Buddhist Teaching & Buddhist Meditation (continued)

**Two Sunday Services at Zen Buddhist Temple • Every Sunday: 9:30-11 a.m. and 4-5:30 p.m.** • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a short talk. By donation. Call 761-6520; a2buddha@provide.net.

**Overnight Introductory Meditation Course at Zen Buddhist Temple of Ann Arbor • Dec. 3-4, 7 p.m. Friday to 4 p.m Saturday** • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520; a2buddha@provide.net.

**Yongmaeng Chongjin (Three-Day Meditation Retreat) at Zen Buddhist Temple of Ann Arbor • Oct. 7 at 7 p.m. through Oct. 10 at 8 a.m.** • Conducted by Ven. Samu Sunim. He was originally trained in the Zen monasteries of Korea, and since 1967 when he arrived in the U.S., he has established temples in Ann Arbor, Toronto, Mexico City, and Chicago. This retreat is an excellent opportunity to receive guidance with meditation and to experience Sunim's strong and earthy style of teaching. For cost, call 761-6520; a2buddha@provide.net.

> All things are known, but most are forgotten.
> It takes a special magic to remember them.
> - Robert Holdstock

**Life of the Buddha with Kongsang Bobbi Ebsen at Zen Buddhist Temple • Oct. 10, 17, 24, 31, Nov. 7; 11:30 a.m.-1 p.m.** • Five lectures with discussion and visuals. Topics are Prince Siddatha's early life and marriage to Yasodhara, his renunciation and homeless life, his enlightenment and first sermons, his return home and young members of the Shakyas joining the Order, and his last days and death. $40 for the series. Call 761-6520; a2buddha@provide.net.

**The Zen Buddhist Temple's Famous Annual Great Green Recycling Yard Sale at Zen Buddhist Temple • Sept. 4, 9 a.m.-5 p.m.; Sept. 5, Noon-5 p.m.; Sept. 6, 9 a.m.-5 p.m.** • Once again, we will focus primarily on furniture – couches, love seats, chairs, desks, chests of drawers, and tables, as well as books and other household items. And because this year we have access to extra indoor storage space, the sale will be bigger than ever! Our members clean and repair all items. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. While we concentrate on the sturdily useful, you never know what exciting bit of treasure you may find. Come and join the fun! Call 761-6520; a2buddha@provide.net.

## Ceremonies, Celebrations, Festivals & Rituals

**Open Circle Celebrations: Come and Celebrate the Autumnal Equinox at Crazy Wisdom Bookstore • Sept. 20, 7 p.m.** • Come and celebrate the turning of the wheel with an open circle ritual led by Puck Shadowdrake. The Autumnal Equinox marks the point of equal periods of night and day and heralds forth the Season of Autumn and passing of Summer. It is the time to give thanks for the harvests and food set before. It is also the time to prepare and Invoke Protection against the imminent coming of Winter. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

**Open Circle Celebrations: Come and Celebrate Samhain at Crazy Wisdom Bookstore • Oct. 30, 7 p.m.** • Came and celebrate the turning of the wheel with an open circle ritual led by Misti Anslin Delaney. Samhain, the Last Harvest, is a time of reflection, the time to honor the Ancients who have gone on before us and the time of "seeing" (divination). As we contemplate the Wheel of the Year, we come to recognize our own part in the eternal cycle of life. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

**Open Circle Celebrations: Come and Celebrate the Winter Solstice at Crazy Wisdom Bookstore • Dec. 21, 7 p.m.** • Come and celebrate the turning of the wheel with an open circle ritual led by Puck Shadowdrake. The Winter Solstice is the time of greatest darkness and the longest night of the year. The Winter Solstice had been associated with the birth of a "divine King" long before the rise of Christianity. Since the Sun is considered to represent the Male Divinity in many Pagan Traditions, this time is celebrated as the "return of the Sun God" where He is reborn of the Goddess. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

**Sunday Candlelight Healing and Meditation Ceremony at Lighthouse Center • Weekly Sundays, 6-7:15 p.m.** • These evenings include candle lighting, Sanskrit chanting, mantra meditation, affirmations, visualizations, and healing circle. Reiki healing during meditation for all who wish it. No cost; love offering. Call Prachi at 734-449-4381.

**18th Dimensions in Light Festival sponsored by Lighthouse Center • Oct. 24, 11 a.m.-7 p.m. at Washtenaw Community College** • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products, free lectures, and meditation classes. Volunteer and get in free. $5 admission. Call Nirmala at 734-663-2218; nirmalanh@aol.com.

**Thanksgiving Eve Meditation at Lighthouse Center • Nov. 24, 7-8:30 p.m.** • A special meditation to give thanks through group consciousness. Potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

**Christmas Eve Meditation at Lighthouse Center • Dec. 24, 6-7:30 p.m.** • A celebration meditation of Christ's birth. No cost; love offering. Call Prachi at 734-449-4381.

**New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m.-12:30 a.m.** • Release the old year and bring in the new year in the highest vibration with chanting, mantra meditation, and visualization with affirmations. Veggie potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

**Hallowmas: A Ritual Teaching and Celebration with Bronwen Gates • Oct. 31, 8-10 p.m.** • Come dance with the grandmothers and celebrate the turning of the wheel of the year. Invoke the magic and mystery of this celebration of death and rebirth, of finding the wisdom hidden in the darkness. $10-$15. Call 913-9919; bronwild@aol.com.

**Celebration of the Fall Equinox with Laurie Boddie of Creative Spirit Center • Sept. 21, 7-9:30 p.m.** • Celebrate the Fall Equinox around the labyrinth. The balance between day and night returns on Sept. 21 and is a reminder to seek the same kind of harmony and balance within ourselves. $10. Call 989-837-1885; creative@mindnet.org.

**Eucharistic Celebration with Visitation Staff • First and Third Wednesdays, 7 p.m.** • Come and share in this mid-week celebration of Eucharist. No cost. Call 734-242-5520; visitation@ihmsisters.org.

**Year-End Service at Zen Buddhist Temple of Ann Arbor • Dec. 31, 7 p.m.** • Everyone is welcome to join us in this special candlelighting service – a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. Call 761-6520; a2buddha@provide.net.

**New Year's Day Service at Zen Buddhist Temple of Ann Arbor • Jan. 1, 11:30 a.m.** • Come join us for a peaceful start to 2005 (2548 in the Buddhist calendar). Call 761-6520; a2buddha@provide.net.

**A Magical Solstice, Co-Sponsored by SpiritSisters Women's Circle and Gateways Center for Life Enrichment • Dec. 21, 7 p.m.** • On the longest night of the year, we will sing, dance, meditate, and look for the personal meaning this season holds for us. All are welcome to join this special celebration. Please bring a drum or rattle, and if you wish, a sacred object for the altar. $2. Call Lorna Brown at 734-428-8748; gatewayscenter@hotmail.com.

## Chakras

**Chakra Meditation Workshop with Ema Stefanova • Nov. 14, 2-5 p.m.** • The subtle yoga physiology of the chakras and energy channels will be explained and traditional yoga techniques for chakra and kundalini awakening will be practiced. Excellent notes and text provided. Call 665-7801; emastefanova@cs.com.

**HeartSinger with Gwyn Nagy through Gateways Center for Life Enrichment • Sept 14, 7 p.m.** • HeartSinger accesses many guides who are Masters of Healing. Using her voice and hands under the direction of the "Singing Masters," she effects healing by altering the frequency of the chakras that are in need of clearing or frequency changes. The singing reaches many dimensions and many hearts, and some people who are sensitive to energies have heard Gwyn singing from many miles away as they meditated. $10. Call 734-332-4666 or Lorna Brown at 734-428-8748; gatewayscenter@hotmail.com.

## Channeling

**Messages from Ascended Master Kuthumi with Susan Lesnek • Sept. 29 or Oct. 27, 7-10 p.m.** • Master Kuthumi, a World Teacher, works very closely with Master Jesus in the Great Work to usher in the New Era of Divine Love and Eternal connection with God. Master Kuthumi departed this physical plane in the early 1900's after working with Madame Blavatsky to establish the Theosophical Society. He continues to work on the astral plane directing the Second Ray of Love and Illumination. His goal is to re-awaken that which is Divine within you. $60. Call 248-380-6138; info@journeytoheaven.com.

**Circles of Prophecy: Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Sept. 2, Oct. 7, Nov. 4, Dec. 2; 7-9 p.m. at Crazy Wisdom's Community Room** • Psychic Nanci Rose Gerler channels group and individual messages that provide spiritual guidance for this era of personal and global transformation. Receive inspiration and empowerment, as well as positive healing energy. $20 Call 996-8799.

Linda Greene is a polarity practitioner and a student of Kabbalah.

"Every human is so special, here to share love and serve. Each of us has divine gifts striving to be expressed. Life experience often seems to get in the way. Life is full of yearning, enthusiasm, pain and joy. It is a privilege to be trusted with all that stuff of life...

To help people restore their bodies and open to their own richness is a joy. The fun starts with the commitment to become more fully and passionately yourself. I love the way an individual's uniqueness shows up or expands as their whole energy field is supported and honored. It's about moving beyond healing to thriving."

**Finding Your Soul Mate with Shala Kilmer • Nov. 20, 10 a.m.-4 p.m.** • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited o eight participants. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

**Private Meetings with Barbara Brodsky and Aaron • By appointment** • These are private essions with Barbara and Aaron. For cost, call 971-3455; bbrodsky@deepspring.org.

**Wednesday Evenings with Aaron channeled through Barbara Brodsky • Sept. 22, Oct. 20, Nov. 17, Dec. 22; 7:30-10 p.m.** • An open session with Aaron and Barbara. Aaron will talk, followed by a short social break, and then we will answer questions. Donations accepted. Call Deep Spring Center at 477-5848; info@deepspring.org.

**Channeling Level II with Shala Kilmer • 6 weeks beginning Sept. 13, 6:30-9:30 p.m.** • You decide what kinds of spirits you want to channel, including your own Higher Self or God Within. This is a delightful class! Limited to ten students. $245. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

**An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • Sept. 27, Oct. 25, Nov. 29; 7-9 p.m.** • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of aughter. Great depth is achieved through this approach and each person feels personally ouched and loved. This evening will consist of a short talk, one-on-one interaction with most participants, question period, and meditation. $15. Call 734-332-4666; gatewayscenter@hotmail.com.

**Channeled Talk with John Friedlander • Oct. 5, 7 p.m.** • John Friedlander will channel a being called Mataji. Mataji is both a feminine version of Seth (the entity that Jane Roberts channeled) and a combination of the energy from the lineage of Yogananda Paramahansa. This two-hour program has four parts: a healing energy channeling, a discourse on a subject of current relevance, questions from the audience on the discourse topic, and personal questions from the audience if time allows. $10. Call Rose at 998-0340; ose_m_48105@yahoo.com.

**Turn Your Life Around with Norma Delaney through Bellanina Institute • Nov. 13, 7-11 p.m.** Norma has been called the "Healer's Healer." In this session, she will channel Quan Yin as a doorway to enable you to turn your life around by operating from your light self. $40. Call 800-235-2844; info@belavi.com.

**The Realization of Oneness, A Channeled Workshop with Aaron, speaking through Barbara Brodsky, and Jeshua (Jesus), speaking through Judith Coates • Oct. 23, 12:30-9 p.m.** • Two ascended masters, both wise and loving beings, speak in a dialogue, and with the participants, about the realization of oneness. Talks, discussions, and exercises. Potluck supper. $35 to cover expenses. Call 971-3455, bbrodsky@deepspring.org.

## Childbirth

**Holistic Childbirth Preparation with Patty Brennan of Center for the Childbearing Year • Tuesdays, Sept. 12-Oct. 9 or Nov. 16-Dec. 21; 7-9:15 p.m.** • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $190 per couple. Call 663-1523; patty@center4cby.com or www.center4cby.com.

**Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Nov. 12-14, 9 a.m.-5:30 p.m. each day** • Become a Professional Birth Assistant. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through Doulas of North America. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

**Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Oct. 15-17, 8 a.m.-6:30 p.m.** • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

**Newborn and Infant Care: Baby's Out, Now What? with Beth Barbeau of Center for the Childbearing Year • Nov. 2 and 9, 7-9:15 p.m.** • This two-session class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $60 per couple. Call 424-0023; patty@center4cby.com or www.center4cby.com.

**Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • Sept. 7, 7-9:15 p.m. or Nov. 20, 9:30-11:45 a.m.** • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; overcoming common problems; psychological, cultural and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies, and product review - bras, pumps, and other lactation aids. $30 per couple. Call 424-0023; patty@center4cby.com or www.center4cby.com.

**Introduction to Childbirth with Patty Brennan of Center for the Childbearing Year • Nov. 6, 9 a.m.-5:30 p.m.** • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery and breastfeeding basics. $110. Call 424-0023; patty@center4cby.com or www.center4cby.com.

**Informed Vaccine Choices with Patty Brennan of Center for Childbearing Year • Oct. 21, 7-9 p.m.** • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. $10 per person, $15 per family, $22 for sourcepack. Call 663-1523; patty@center4cby.com or www.center4cby.com.

## Chronic Pain

**Caring for the Caregiver: How to Take Care of Yourself While Taking Care of Others through Ellen Thompson Women's Health Center • Oct. 7, 7-9 p.m.** • In many families, there is one person everyone turns to when they need help. In other families, special situations like the birth or disability of a child or the chronic illness of a spouse or parent thrusts someone into spending time and energy to see that a loved one gets needed care. This is a workshop for anyone who has responsibility for taking care of other people in their personal and/or professional life. $15 per person or $25 per pair. Call Lynne Ruxton at the Women's Health Center at Saint Joseph Mercy Hospital at 712-3625 or 800-803-7174.

**Chronically Ill? Enhance your Coping Skills with Joan Kauffman • Sept 29-Nov. 3** • Having a chronic illness presents its own challenges. Learn to enhance your life through breathwork, relaxation, visualization, art, reflection, and fun. Six-week class teaches techniques to enhance the joy in your life and increase personal resources. $70. Call 973-6779.

# The Crazy Wisdom Calendar

## Consciousness Expansion

**Crazy Wisdom Bookstore Salon – Fall 2004** • Join us as we continue our community Salon, an opportunity to gather in the autumn of this year to explore issues and ideas of common interest, in an atmosphere of respect and tolerance for diverse opinions and perspectives. Our Fall Salon will explore how we can more effectively manifest and sustain positive relationships in our personal and political lives. We will gather one Thursday evening in September, October, and November at 7:30 p.m. in the Crazy Wisdom Bookstore Tea Room as our guest speakers share their experiences and invite lively conversation. Facilitated by Lucinda R. Kurtz, Hands of Light Energy Healer. For more information, contact Lucinda at 665-9160; lucindakurtz@comcast.net.
**Sept. 23: Conscious Parenting** with Marcia Ferstenfeld, president of Imago Relationship Therapy of Michigan; Lucie Nissan, psychological and spiritual consultant; Larry Nissan, business consultant and executive coach; and ShuNahShii Rose, educator, artist, and community activist.
**Oct. 21: Conscious Citizenship** with Deb LaBelle, attorney and human rights activist; Dr. Yun Lu, Tiananmen Square participant; and Eric Van de Vort, president of AA Committee for Peace and Veterans for Peace.
**Nov. 18: Conscious Intimacy** with Barbara Brodsky, spiritual director and dharma teacher of Deep Spring Center; Carole Kirby, relationship coach; and David Lawson, teacher of meditation and communication skills for couples.

**Socrates Cafe with Kate Mehuron • Sept. 8, Oct. 6, and Nov. 3; 7:30-9:30 p.m. at Crazy Wisdom's Community Room** • Centuries ago, in Athens in the sixth and fifth centuries B.C., a method of philosophical inquiry that can be embraced by everyone to kindle the childlike sense of wonder was practiced. Socrates brought to his fellow citizens a way of discussion that often left curious souls with more questions than they had at the beginning, but at times, helped them to come up with at least tentative answers. This is a type of philosophy in which the person leading the discussion can learn more from the other participants, in which the questions are the answers. Free. Call 481-1200; kmehuron@yahoo.com.

## Creativity

**Opening Up to Creativity: Moving from the Familiar to the Wonder of the Unknown with Diane Byrne Jones and Robert Steinbach • Nov. 20, 9:30 a.m.-5:30 p.m.** • Who says you have to be an artist to be creative? Gay and Kathlyn Hendricks, authors of *Conscious Loving*, describe creativity as moving from the zone of the known to the zone of the unknown. This workshop/playshop uses playful verbal and non-verbal techniques to discover how to fund exhuberance and creativity in every moment and to reliably move from what you know to what you want in both personal and workplace relationships. $175 or $150 if prepaid. Call Diane at 395-9130; byrnejones@earthlink.net or robert@theartcompany.ca.

**Artist as Healer with John W. DeLuca • Sept 18 and 25; 10 a.m.-6 p.m.** • Artists are not only creators, but they can be healers as well. Creative expressions of all types (i.e. art, music, song, poetry, writing, theatre, etc.) can create a healing bridge between souls and be a form of distant healing. As a creative/performing artist, learn to expand your notion of what art or an artist entails by learning to be an artist and healer. $240 Canadian. Call Davina at Neuro-Biofeedback Centre in Windsor at 519-253-1871; johndeluca@fearlessheart.com.

**Spirit Birthing Gathering: Playshop and Potluck with Helen Slomovits • Sept. 3, Oct. 1, Nov. 5, Dec. 3; Potluck at 6 p.m. and Playshop at 7 p.m.** • A place where people can come to play, experiment, share, learn, collaborate, rediscover, and express your own creative spirit. No prior experience in any artform necessary. All ages welcome. Through connecting with each other, we can discover many pathways to express what lives in our hearts. $2-$3 donation. Call 665-0409.

## Crystals & Gems

**Crystal Wisdom Workshop with Gene and Barbara Jackson through Essential Energies • Nov. 6, 9:30 a.m.-5 p.m.** • Learn and practice Gene's crystal basics including how to cleanse and program your stones, basic laying-on-of-stones techniques, the chakras and associated stones for healing, how to balance and align the chakras with kyanite, how to open the chakras with a laser wand, how to work with stone oils. One day experiential class. $90. Call 517-796-2082; essentialenergies@sbcglobal.net or www.thecrystalguy.com.

**Advanced Crystal Wisdom Workshop with Gene and Barbara Jackson through Essential Energies • Nov. 7, 9:30 a.m.-5 p.m.** • Intermediate class for individuals with some knowledge of crystals or Crystal Wisdom required. Learn and practice crystal meditations, intuitive laying-on-of-stones techniques, how to use Vogel crystals in healing work, and how to make and use crystal grids for healing the self, others, distance healing, and protection of your environment. $90. Call 517-796-2082; essentialenergies@sbcglobal.net or www.thecrystalguy.com.

## Dance

**Contact Improvisation Workshop for Adults with Stefanie Cohen through Arts in Motion Dance Studio • Nov. 13, 1-5 p.m.** • Contact improvisation is an exhilarating partner dance form with roots in modern dance and martial arts. All skill levels, shapes, and sizes are welcome. No prior dance experience necessary. $35. Call Amanda Stanger-Read at 222-6246; amanda@artsinmotion.net.

**Improvisation: Creating Dances Here and Now with Stefanie Cohen through Arts in Motion Dance Studio • Oct. 23, 1-4 p.m.** • This workshop for ages 12 and up will give students the opportunity to play with techniques in composition, weight-sharing, spatial and physical awareness, and dancing from their whole creative selves. $30. Call Amanda Stanger-Read at 222-6246; amanda@artsinmotion.net.

**Moving from the Inside Out with Linda Greene • Eight Mondays, Oct. 4-Nov. 29, 7:30-8:45 a.m. or seven Wednesdays, Oct. 6-Nov. 17, 5:30-6:45** • Experience the joy of movement through this extremely musical, awareness-oriented blend of the dance arts, healing arts, and martial arts sensibilities called NIA. The emphasis is on self expression and moving at your own pace and level. Every set of classes consists of a single set of music with a spiritual intention, a sensate focus, and a basic movement routine including free dance segments (guided improvisation). $64 for Mondays or $56 for Wednesdays. Call 662-2029; lingreene@aol.com.

**Weekly Free Form Dance Jam with Caryn Simon and collective dancers • Every Sunday, warm-up at 9:30 and dance at 10** • Our dance jams are based on Gabrielle Roth's Wave style dance. Children who want to dance and bad dancers welcome. No experience necessary. We are happy to explain our intentions to newcomers. Free. Call Andy at 213-6905; adah_rose@hotmail.com.

**Dances of Universal Peace with Sylvia and Siddiq Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House** • All are invited to join this circle of prayer in motion. The words may be Arabic, Sanskrit, Hebrew, Aramaic or English, but the message is one of love, harmony, beauty, peace, and unity. The movements are simple. All is taught. No experience needed. $5 optional donation. Call 996-1332; smidd@comcast.net.

**Akira Kasai: Pollen Revolution Performance through University Musical Society • Oct. 13, 8 p.m. at Power Center** • Kasai is one of Japan's most highly acclaimed performers of butoh dance, one whose artistic development incorporates elements from both his native Japan and the West. On the other boundaries of the unselfconsciousness, change is the only constant as butoh meets and becomes hip-hop. $16-$36. Call UMS Ticket Office at 764-2538; www.ums.org.

## Divorce

**Conscious Divorce with Diane Byrne Jones and Linda Marinovich • Oct. 9, 9:30 a.m.-5:30 p.m.** • This workshop/playshop focuses on how to move through a divorce or the end of a relationship by choosing ease and appreciation as our path. We will look at ending blame and criticism and use this transition of a relationship to consciously decide what we want in our relationships, all while having a delirious fun time. $150 or $125 if paid early. Call Diane at 396-9130; byrnejones@earthlink.net or fourkindness@sbcglobal.net.

**One-Evening Seminars through Divorce Reality Group • 7-9:30 p.m. • $15 or $10 prepaid.** Call 668-2001; www.divorcepeers.com/seminars.
Sept. 13 and Nov. 15: Conflict Communications in Divorce: Information Exchange in the Face of Oxymorons
Sept. 20 and Dec. 20: Divorced Parenting Tips: Regardless of the Age of Your Children
Sept 27 and Dec. 13: Identify Yourself After Divorce: Who Are You, What Do You Want, and Why?
Oct. 4: Get Unstuck from Your Divorce: Identify and Step Off the Rollercoaster
Oct. 11: Dating After Divorce? Safety, Pick-Up Lines, and "Normal" People
Oct. 18: Remarriage After Divorce: Things to Look Out for Next Time!
Oct. 25: Anger in Divorce: Invitations, Choices, and Responsibility
Nov. 1: Let Go of Your Divorce: Timing and Techniques for Moving On
Nov. 8: Trust After Divorce: Do We Have to Play Games?
Nov. 29: Post-Divorce Communications 101 (sans Spouse): Fundamentals of Effective Interpersonal Connection
Dec. 6: De-Coupling from Your Former Marriage: Gaining Perspective on Spouse and Lifestyle Choices

**Walk In Discussion and Coaching Session through Divorce Reality Group • Every Wednesday, 7-9 p.m.** • Sliding scale fee. Call 668-2001; www.divorcepeers.com/seminars.

**Divorce Reality Workshop through Divorce Reality Group • Seven Thursdays, Oct. 14-Dec. 9; 7-9:30 p.m.** • $40 or $35 if prepaid. Call 668-2001; www.divorcepeers.com/seminars.

## Dreams & Dreamwork

**Dream Group: The Significance with Dreams with Rebecca Mullen • Mondays, 7:30-10 p.m.** • Individuals are encouraged to bring in their dreams to discover the dreams' symbolic meanings. Dreams connect and integrate the emotional with spiritual aspects of our existence. By donation. Call 669-5925.

## Drumming

**Djembe and Dunun Music of West Africa with Ryan Edwards of Like Water Drumworks • Thursdays starting Sept. 16, 7 p.m.** • A comprehensive, ego-free, and fun exploration into the vast world of West African percussion. $10 per class. Call 475-3158; likewaterdrumworks@hotmail.com.

**Youth Hand Drumming Class with Ryan Edwards and Jeremiah Davis of Like Water Drumworks • Six Thursdays starting Sept. 16, 5:45-6:45 p.m. •** This class is a fun introduction into the fun and funky world of African drumming. We play real rhythms, real drums, and hear real cool stories. $60 for six sessions. Call 475-3158; likewaterdrumworks@hotmail.com.

**Family Drum Workshop with Ryan Edwards of Like Water Drumworks through Arts in Motion Dance Studio • Oct. 2, 4:30-6 p.m. •** Learn traditional African drum rhythms in a fun, family setting! $10 per adult and $5 per child. Call Amanda Stanger-Read at 222-6246; amanda@artsinmotion.net.

**Drumming Circle with Gail Tola and Sally Gabany through Visitation • Second Friday of each month, 7-9 p.m. •** Come for a two-hour session that may awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. Experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Please bring your own drum if you have one. Some drums will be available for use. No experience necessary. All are welcome. $10-$20 sliding scale suggested donation. Call 734-242-5520; visitation@ihmsisters.org.

**Drum/Chant/Rhythm/Improv Class with Lori Fithian • Mondays, 7-8:30 p.m. •** Start your week off in the groove! All levels welcome. Drums provided. Something different every week. Drop in when you can. $10. Call 426-7818; lorifithian@mac.com.

**Drummunity Circles at Crazy Wisdom with Lori Fithian • Sept. 21, Oct. 20, Nov. 17, Dec. 15; 7-9 p.m. •** Everyone welcome to join in the community groove. Don't be shy – come on in and play. Drums provided or bring your own. No musical experience necessary. Free. Call 426-7818; lorifithian@mac.com.

**Women's Drum Retreat Day with Lori Fithian • Oct. 16; 10 a.m.-5 p.m. beginning workshop, 5:30-11 p.m. potluck and drum circle •** Drum workshop for total beginners (and folks who want to brush up) during the day. Drums provided, no experience necessary! Come discover the world of women's drumming. Others please join us for an evening feast and circle. $40 for workshop. Potluck and circle are free, but bring good food for hungry drummers! Call 426-7818; lorifithian@mac.com.

## Energy Healing & Esoteric Anatomy

**Sacred Contracts: What Energy Patterns Teach Us Part I with Etta MacDonagh-Dumler • Dec. 2 and Dec. 7, 7-9 p.m. •** Our mission in life is to understand and fulfill the sacred contract that is uniquely ours. Caroline Myss' book *Sacred Contracts* and her work at the Caroline Myss Education Institute Mystery School forms the basis for this class and subsequent sessions. In this introduction to archetypal energy, you will learn to see symbolically the survivor archetypal energy patterns common to us all. You will gain insight into how you work with your survivor archetypal energies, how you manifest their power, and how much you are willing to surrender to divine guidance. Class size is limited to 12. This session is a prerequisite for sessions II and III, which will be offered in January through April 2005. $65 includes handouts. Call 222-3716; tuisceanach@hotmail.com.

**The Healer Development Program with Eve Wilson • Sept. 9, 7-9:30 p.m. at Crazy Wisdom's Community Room •** Since 1986, The Healer Development Program has been legally certifying Healer Practitioners and empowering people to be wholly themselves. This event will introduce you to our work, including Reiki and Healer Practitioner Certifications and the 101 Class, which explores intuition, self-healing, and spiritual development. Tonight, we'll read and balance some auras, teach psychic self-protection techniques, and answer questions. Free. Call 248-545-3928.

**Introduction to the Rising Star Healing System with Susan Lesnek • Sept. 1 or Oct. 2, 7-9 p.m. •** The Rising Star Healing System was introduced to this planet in January 2004 by Master Hilarion. The Great White Brotherhood tells us that this system actually encompasses all healing modalities that are present on the plant at this time, and then some more. It calls upon the Fire of Truth to remove all energies from your being that are allied with error and not in accordance with the True Self. It is a communication from Source to the Source and is completely pure. $25. Call 248-380-6138; info@journeytoheaven.com.

**Esoteric Healing Level One with Laurie Akerros • Nov. 18-21, 9 a.m.-5 p.m. daily •** All life is vibration at different frequencies and disturbance in the flow of energy in the field results in compromised health: physically, emotionally, mentally, and spiritually. This class will teach practitioners to sensitize their hands and awareness to learn to assess and treat the energy field in order to assist balancing the individual and creating optimum conditions for wellness. Open to beginners as well as experienced practitioners of other energy modalities. $325. Call 995-2719; www.esotericenergyhealing.com.

**Seven Rays of Life with Laurie Akerros • Oct. 23-24, 9 a.m.-5 p.m. daily •** A ray is a force or quality of energy that colors all life from the mineral, plant, and animal kingdom to the human kingdom. Just as there are seven colors in the rainbow, seven notes in a musical scale, so there are seven basic rays that influence all life. In this class, we'll study in depth the strengths and weaknesses of the seven rays and each participant will discover his/her own unique "ray blend" governing their physical, emotional, mental, soul, and spiritual subtle bodies, leading to increased self understanding and awareness. $195. For time, call 995-2719; www.esotericenergyhealing.com.

**Introduction to Temple Academies Energywork with Anne Carbone and Alana Martin of Temple Academies-Michigan • Sept. 13, 7-9 p.m. •** Temple Academies is an energy university that fosters personal and spiritual growth. In this introductory session, you will receive hands-on energy samples, selected from the three branches of the school: Omega based on Tibetan transformative techniques and frequencies, Helix based on sacred geometry, and Temple Reiki established on the original Usui frequencies prior to Takata's and Hayashi's time. Love offering. Call 971-5849 or 355-1890; templeacademymi@aol.com.

**Tapping Into Your Heart's Intelligence with Anne Carbone and Alana Martin of Temple Academies-Michigan • Oct. 25, 7-9 p.m. •** New research shows that our heart sends us emotional and intuitive signals to help govern our lives. While it is in constant communication with the brain, it also makes many of its own decisions. Tapping into your heart's wisdom can help you gain new insights, solutions to problems, and an expanded understanding of yourself, others, society, and life itself. We will explore techniques for connecting and communicating with your heart to assist you in cultivating your heart's intelligence and in making choices, big and small. $10. Call 355-1890 or 971-5849; templeacademymi@aol.com.

**Energy Healing for Everyone with Mary Light • Nov. 4, 11, Dec. 2, 9; 7-9:30 p.m. •** A four-week course in the basics of subtle energy healing. Among the topics to be discussed include intention, perceptual skills, energy anatomy, exercises for intuitive development, and healing practice sessions. NCBTMB 10 CEU. $50. Call Ann Arbor Rec and Ed at 994-2300; gaiacenter@comcast.net.

## Enneagram

**Enneagram Workshop: A Tool for Self-Knowledge and Compassion with Julie Telang through Visitation • Oct. 23, 9:30 a.m.-4:30 p.m. •** The Enneagram is an ancient spiritual tradition which develops nine personality types. It is based on the belief that each person has a true self and a false self, with the false self having been formed as a protective covering around the true self. The compulsion of each type is not always in force, but tends to dominate perceptions when pressures in life build. Participants usually recognize themselves through brief video segments that describe different points of view and indicate key behaviors of each of the numbers in the symbol system. $40 with beverages provided. Call 734-242-5520; visitation@ihmsisters.org.

## Feng Shui

**Feng Shui Basics with Lynn Meadows • Oct. 6 or Nov. 9, 7-9 p.m.; or Oct. 9, 10 a.m.-Noon •** Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi, and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

**Feng Shui Beyond Basics with Lynn Meadows • Oct. 9, 1-5 p.m. •** Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $50. Call 734-433-9102; lynnmeadows@provide.net.

**Intuitive Development for the Feng Shui Practitioner Series with Wendy Warrick • Oct. 13, 20, 27; 6:45-8:45 p.m. •** Whether you are an amateur working on your own home or a professional practitioner, this class will assist you in opening up and deepening your native (yes!) intuitive abilities to enable you to add more depth and accuracy to your consultations. We will work with exercises to help you feel the chi of the place, feel what is needed to rebalance it, and tune into your clients' needs. On site fieldwork included. $99. For brochure, call 913-9619.

**Feng Shui for Health and Happiness with Wendy Warrick • Nov. 17, 5:30-7 p.m. •** Discover how Feng Shui can be used as a complimentary avenue to understanding and enhancing your health and well being. Visualization, feng shui cures, and other tools will be shared. $99. Call 913-9619.

## Film & Theatre

**Film Study with Joan Chicoine and Marie Gabriel Hungerman through Visitation • 7-10 p.m. •** Contemporary film presents us with the human quest, our life journey with all of its challenges, ups and downs, humor and pathos. Through film, we are reminded of fate, destiny, salvation, success and failure, action and suffering. Discussion will enhance appreciation. $10 per evening or $35 per series. Call 734-242-5520; visitation@ihmsisters.org.
Oct. 1: The Red Violin
Oct. 15: Whale Rider
Nov. 5: Fog of War
Nov. 19: The Secret of Roan Inish

**First Annual Buddhist Film Series through Zen Buddhist Temple • 7:30 p.m. •** Films have been chosen for their artistic quality and Buddhist content. A discussion will follow for those interested. $5 suggested donation to support the renovation of their new building. Call 761-6520; a2buddha@provide.net.
Oct. 29: Spring, Summer, Fall, Winter, Spring
Nov. 5: The Way Home
Nov. 12: To be announced

**The Elephant Vanishes through University Musical Society • Oct. 20-23, 8 p.m. at Power Center •** The extraordinary emerges from the mundane in The Elephant Vanishes. Simon McBurney and the London-based theater company Complicite present this multimedia theater piece adapted from three short stories by Haruki Murakami. Performed in Japanese with English supertitles. $20-$56. Call UMS Ticket Office at 764-2538; www.ums.org.

**The Adventure of a Lifetime with Heather O'Neal of Of Global Interest • Sept. 9 and Dec. 9, 8 p.m. •** Trek to Everest base camp and beyond and explore the Himalayas (without the international flight) with this multimedia slide show. Free. For more information about Heather O'Neal, see Around Town column. Call 369-3107; ofglobal@aol.com.

# The Crazy Wisdom Calendar

## Film & Theatre (continued)

**Altitude: The Story of the First Cancer Survivor to Climb to Mt. Everest with Heather O'Neal of Of Global Interest • Sept. 16 and Dec. 16, 8 p.m.** • Come and see this 45 minute documentary movie, locally written, directed, and produced. Free. For more information about Heather O'Neal, see Around Town column. Call 369-3107; ofglobal@aol.com.

**Frog and Toad through Wild Swan Theatre at Washtenaw Community College Towsley Auditorium • Oct. 14, 10:30 a.m. and 1 p.m.; Oct. 15, 10:30 a.m. and 1 p.m.; Oct. 16, 11 a.m.** • Professional theater for families. Shows run 45 minutes and are recommended for children ages 3-8. Arnold Lobel's beloved characters, Frog and Toad, show how good friends help each other through thick and thin, cheering each other through hard times and celebrating life's joys. $9 adults and $7 children. Call Michelle Lanzi at 995-0530; michelle@wildswantheater.org.

**Coming to America: Immigrant Tales through Wild Swan Theatre at Washtenaw Community College Towsley Auditorium • Oct. 26, 10 a.m. and 12:30 p.m.; Oct. 27, 10 a.m., 12:30 p.m. and 7:30 p.m.; Oct. 28, 10 a.m. and 12:30 p.m.** • Professional theater for families. Recommended for grades 2-8. A stirring musical production about immigration, following the journeys of four children from different parts of the world who make their way to a new life in America. $9 adults and $7 children. Call Michelle Lanzi at 995-0530; michelle@wildswantheater.org.

**A Christmas Carol through Wild Swan Theatre at Mendelssohn Theater, University of Michigan • Nov. 17, 10 a.m. and 12:30 p.m.; Nov. 18, 10 a.m. and 12:30 p.m.; Nov. 19, 10 a.m. and 12:30 p.m.; Nov. 20, 2 p.m .and 7:30 p.m.; Nov. 21, 2 p.m. and 4 p.m.** • Professional theater for families. Recommended for grades 2-8. Wild Swan presents its own musical version of this holiday classic. Based on the novel by Charles Dickens, A Christmas Carol tells the story of the amazing transformation of miserly old Ebeneezer Scrooge after he is visited by three spirits on the night before Christmas. $9 adults and $7 children. Call Michelle Lanzi at 995-0530; michelle@wildswantheater.org.

## First Aid

**Infant and Adult CPR for Family and Friends through St. Joseph Mercy Hospital • Sept. 27, Oct. 18, Nov. 15, Dec. 6; 6-9 p.m.** • For individuals over the age of 16 who wish to learn American Heart Association CPR techniques for adults and/or infants and children. $38. Call Lynne Ruxton at 712-3625 or 800-803-7174.

**Basic First Aid through St. Joseph Mercy Hospital • Nov. 17, 9 a.m.-Noon** • Content includes information for basic first aid and covers techniques for injury, sudden illness, and trauma. $38. Call Lynne Ruxton at 712-3625 or 800-803-7174.

## Flower Essences

**Flower Power: An Exploration of Flower Essences with Bronwen Wildflower Gates • Oct. 9, 9:30 a.m.-12:30 p.m.** • Flowers embody amazing healing energies that can be accessed through the liquid extracts called flower essences. This class gives you an overview and introduction to flower essences – what they are, how to use them, what they do, and the diversity of flower essences available – and will inform, whether you are beginner or already experienced. $33 or $63 for both Flower Power classes. Call 913-9919; bronwild@aol.com.

**Flower Power: The Faerie Flowers Essences with Bronwen Wildflower Gates • Oct. 9, 1:30-4:30 p.m.** • Bronwen has spent seventeen years making these essences that include individual essences, synergy blends, and transformational essences. Come and learn about these essences that bring magic into your life. $33 or $63 for both Flower Power classes. Call 913-9919; bronwild@aol.com.

## Herbs, Plants & the Garden

**Standing Stones: The Soul and Science of Moving Big Rocks with Daniel Little • Oct. 9, 10 a.m.-4 p.m.** • In this day-long workshop, we will move and erect a large standing stone by hand. Gain an introduction to the theory and practice, physics and metaphysics of moving large stones without modern machinery. Come be a part of the megalithic revival as we set the East Gate stone in our new Stone Circle, a stone's throw from the Huron River. Space is limited. $50 with work exchange possible. Call 761-9144; heart-and-soul@comcast.net.

**Designing with Bulbs: A Fall Primer for a Spring Celebration with Cecile Green • Sept. 30, 7-9 p.m. in the Crazy Wisdom Community Room** • Fall is the time to plant a feast for the soul in spring. Come and enjoy a full-color, experiential workshop designed to give you the basics for putting in a bulb planting this fall. $10-$15 sliding scale. Call 761-9144; heart-and-soul@comcast.net.

**Herbs to Stimulate Immunity and Restore Health with Jim McDonald • Nov. 7, Noon-5 p.m.** • Perhaps the most popular use of herbal remedies is to boost the immune system, but few really understand how this is accomplished, or how to know when to use which herb for what condition. Our afternoon together will cover the proper uses of herbs, and the roles of the hypothalamus, bone marrow, and lymphatic system in the immune response. Special attention will be paid to distinguishing which herbs are appropriate in which specific circumstances. Over 30 pages of handouts further elaborate on the herbs and processes involved, going far beyond boosting the immune system and offering a truly holistic understanding of well being. $35 or $30 in advance. Call 248-737-3589; multiflorum@hotmail.com.

**Wild Roots and Fall Foliage: Michigan's Medicinal Plants with Jim McDonald • Sept. 12, 11 a.m.-6 p.m.** • Join herbalist Jim McDonald in exploring the fields and meadows surrounding Upland Hills Ecological Awareness Center in search of many common, medicinal herbs that grace our autumnal landscapes. Jim will cover identification, ethical wildcrafting, and responsible use of the plants discovered. Experiences, stories, folklore, and a plethora of handouts will complement the day's discussions. $35 or $30 in advance. Call 248-737-3589; multiflorum@hotmail.com.

**Distinguishing Between Nourishing and Medicinal Herbs with Linda Diane Feldt sponsored by People's Food Co-op • Sept. 23, 7:30-9 p.m. at Crazy Wisdom's Community Room** • This class is a must for anyone interested in herbology, especially the Wise Woman Tradition. Learn the difference between nourishment and stimulation, and how to make safe herbal choices. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

**Herbal Allies for Men with Linda Diane Feldt sponsored by People's Food Co-op • Oct. 28, 7:30-9 p.m. at Crazy Wisdom's Community Room** • Come discover herbs for male concerns, herbs traditionally used by men, and herbs that can aid in men's preventative care. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

**Magical and Spiritual Uses of Herbs with Linda Diane Feldt sponsored by People's Food Co-op • Dec. 23, 7:30-9 p.m. at Crazy Wisdom's Community Room** • Join a diverse discussion of herbs and spirituality including alternative, conventional, current, practical, and historic uses. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

## Holistic Health

**Therapeutic Health Retreat with Rudolf Steiner Health Center • Nov. 7-21** • Two-week intensive therapeutic retreat is designed for ambulatory individuals with chronic illnesses or anyone seeking a restorative regimen. We provide various therapies: artistic, speech formation, color and light, eurythmy, music, massage, therapeutic baths, and Anthroposophic nursing. Dr. Molly McMullen and Dr. Quentin McMullen are the founding physicians of the Health Center. $340-$395 per day. Call 663-4365; rshc@earthlink.net.

**Natural Support for the Immune System with Michele Loewe sponsored by the People's Food Co-op • Oct. 12, 7-8:30 p.m. at Crazy Wisdom's Community Room** • Join Dr. Loewe as she discusses our immune system, how to assess its effectiveness, and how to support and strengthen it with herbs, homeopathics, and other naturopathic methods. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

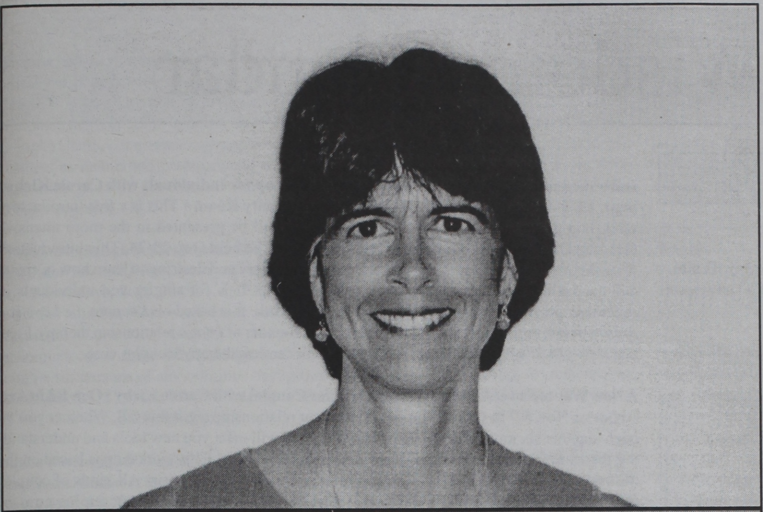
**Treating Depression Naturally with Michele Loewe sponsored by the People's Food Co-op • Dec. 14, 7-8:30 p.m. at Crazy Wisdom's Community Room** • Dr. Loewe will lead this class on how to beat the blues the natural way. Naturopathic assessment, diagnosis, and treatment will be covered. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

**Good Medicine: A Healing Wisdom Weekend with Bronwen Gates • Sept. 24 at 7 p.m. through Sept. 26 at 3 p.m.** • A magical and deeply regenerative healing retreat on Lake Superior in Canada, working with the healing energies of the Ancestors, the Ancient Earth, and the Healing Waters. $144 includes all meals; accommodations extra. Call 913-9919; bronwild@aol.com.

**Health and Wellness Lecture Series with Erin Taylor, sponsored by Dr's. Robert and Sherri Borer • 6:30 p.m. in Saline** • Free. Call 800-733-3806; etaylor_00@hotmail.com.
Sept. 13: The Five Secrets to Looking and Feeling Younger • Everyone can benefit from this lecture. Included are guidelines to incorporate into your daily life that will help you to feel younger and healthier.
Oct. 11: Peak Performance Workshop • Learn how to get the most from your workouts and what your body needs for optimal performance. A must for anyone who likes to stay fit.
Nov. 8: Headaches, Causes and Cures • Find out what triggers headaches and migraines, as well as techniques to decrease pain naturally.
Dec. 13: Stress, Causes and Cures • Discover how stress affects the body and simple things to do at work or at home to reduce the negative effects of stress.

**Medicine for the Earth: Healing the Heart, A Pilot Research Study with Michigan Integrative Medicine in collaboration with UM Preventative Cardiology • Participant recruitment ongoing through December** • We are currently seeking individuals to participate in a study that examines the effect of a type of spiritual healing known as Medicine for the Earth on depression, anxiety, stress, quality of life, and cardiovascular health in patients recovering from heart attack. Medicine for the Earth is based on the work of Sandra Ingerman. We are looking for men and women between the ages of 25-75 who are fluent in English and have a history of heart attack within the last 6 to 18 months. Participants must be willing to take part in a four-day retreat facilitated by Ms. Ingerman, during which they will learn and practice meditation, guided imagery, yoga, nutrition, stress management, group support, and other exercises appropriate for their health condition. All participants will fill out survey questionnaires and have blood drawn at baseline and at three to six months after completion of the universe. Call 800-742-2300, extension 6532.

**What Your Doctor Isn't Telling You About Heart Health, Cholesterol, and Cholesterol-Lowering Drugs with Judy Stone • Oct. 23, 10 a.m.-Noon** • Why do half of those with heart disease have low cholesterol and those with very low cholesterol more likely to suffer from strokes, heart attacks, and depression? Learn when you should worry about your cholesterol, why not to take cholesterol-lowering medication, what to do instead, and how to talk with your doctor about significant markers he or she likely won't mention. $35 or $25 by Oct. 9. Call 994-5549.



Debbie Mast is an instructor in the Red Lodge program which offers shamanic teachings and ceremonies in the Sweet Medicine SunDance tradition.

"At this time, both our planet and human beings are in the process of major evolutionary change. What I love about the Sweet Medicine SunDance tradition is that it is "knowledge that works". It has introduced me to my many relatives in the mineral, plant, animal and spirit worlds. I am continously challenged by the teachings of this tradition to reach for my own greatness. I'm inspired by the way my students make these teachings their own, and become more uniquely who they are. We are all in this together, and can change the world one decision at a time."

## Homeopathy

**Homeopathy and Family Home Care with Patty Brennan of Center for Childbearing Year • Oct. 30, 8:30 a.m.-3:30 p.m.** • What are some natural remedies that can be helpful in treating common ailments of children, from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injuries, and emotional imbalances. $85 per family. Call 663-1523; patty@Center4CBY.com.

**The Homeopathic Home Care Kit: What It Is and How to Use It with Mary Tillinghast of Castle Remedies • Sept. 4, 9, 15, 18, 22, 30, Oct. 13, Nov. 4, 13, 27, Dec. 1, 9, 11; Saturdays 2-4:30 p.m. and Weekdays 7-9:30 p.m.** • The Homeopathic Kit is a practical class that covers choosing and using homeopathic remedies for home care. Although we will briefly touch on the history and theory behind homeopathic prescribing, our focus will be putting homeopathy into practice for ourselves and our loved ones. We will cover using remedies for colds, coughs, sore throats, fever, minor infection, skin conditions, stomach problems, as well as injuries. The Homeopathic Kit Manual, containing a materia medica and repertory, will be provided. $65 includes a kit manual. Call 973-8990; castleremedies@earthlink.net.

## Hypnosis

**Hypnosis for the Health of It with Eileen Bond • Sept. 19, 2-4 p.m.** • Learn what hypnosis is, and why and how it works. Learn how hypnosis can be used for anxiety, stress reduction, and healing. $25. Call 330-7595.

## Infant Massage

**Infant Massage Classes with Audrey Simon • New classes begin monthly** • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

## Intuitive Awareness & Psychic Development

**Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m.** • $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

**Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 2-5 p.m.** • $1 per minute. No appointment necessary. Call 665-2757.

**Exercise Your Intuitive Heart with Diane Evans • Wednesdays, Sept. 8-Oct. 13 or Tuesdays, Oct. 19-Nov. 23; 7-10 p.m.** • This class is designed to give graduates of the Intuitive Heart Group Discovery Process the opportunity to use the skills you learned earlier by using them in new ways. You will also learn some new skills. Your practice will improve your self-confidence and using new combinations of these skills will generalize your learning. You will also find that you are developing your intuitive ability to relate to others in a more satisfying manner. This course is not an intellectual exercise in discussing ideas but one of practice and application. $145. Call 327-9568; in-genius@comcast.net.

**Intuitive Heart Group Discovery Process with Diane Evans • Tuesdays, Sept. 7-Oct. 12 or Wednesdays, Oct. 20-Nov. 24; 7-10 p.m.** • Intuition research reveals that our intuition comes out when we care about someone. It is our empathy that acts as the intuitive connection. The Intuitive Heart Discovery Group is a series of effective, fun-filled exercises and guided discussions designed to help the participants discover their own inner knowing, not only about themselves, but all others as well. The process, based on principles identified by Edgar Cayce, gives immediate proof that we are all intimately connected, and that we can control and use our intuition to the good of ourselves and those whose lives we touch. $145 includes a cd and workbook. Call 327-9568; in-genius@comcast.net.

**Free Workshop with Shala Kilmer • Nov. 6, 2-4:30 p.m.** • Shala will teach participants to use their own abilities. Results can be seen immediately. Free. Call 248-258-8287; kilmersh@core.com.

**Foundations in Psychic Development I: Boundaries and Flow with John Friedlander in Huntington Woods • Oct. 2, 9 a.m.-6 p.m. and Oct. 3, 9 a.m.-3 p.m.** • Learning how to be aware of, and how to transform our aura, transforms our love and life experiences. In this seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy (one's own authentic impulses) and clearing blocks to progress. Students learn how to ground and run energy, clear blocks, how to find, clear, and repair chakras, and how to explore deeply the entire volume and frequency range of the aura (called layers of the aura). $190. Call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

**Foundations in Psychic Development II: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander in Plymouth • Sept. 18, 9 a.m.-6 p.m. and Sept. 19, 9 a.m.- 3 p.m.** • In this two-day workshop, we will develop a deep understanding of how we use our own aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance. In this resulting neutrality, we become able to create our reality less and less through resistance to another, and more and more from own spiritual fuel. $190. Call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

**Foundations in Psychic Development Workshop III: Seeing Auras with John Friedlander in Ann Arbor • Nov. 6, 9 a.m.-6 p.m. and Nov. 7, 9 a.m.-3 p.m.** • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras); how to activate and empower this perception; and several ways to use this ability in making decisions, in healing oneself and others, and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend, and that they are well started on the adventure of a lifetime. $190. Call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

**Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Sept. 18 and 19, 10 a.m.-5 p.m.** • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $179 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

**Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Nov. 13 and 14, 10 a.m.-5 p.m.** • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $189 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

**Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Date and times to be announced, Saturday and Sunday, 10 a.m.-5 p.m.** • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

**Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Weekend dates to be announced, 10 a.m.-6 p.m.** • Learn to safely become a conscious channel using an easy, repeatable system as your foundation. Prerequisite: Intuitive Awareness 1 and 2. For dates and cost, call 663-9724; intuitivehealth@aol.com.

## Jewish Heritage

**Jewbilation: Jewish Roots with Interfaith Wings: Sabbath and Holiday Celebrations with Rev. Lauren Zinn • Selichot Service on Sept. 10, Yom Kippur on Sept. 25, Sukkot on Oct. 3, Hanukkah on Dec. 10** • For details, call 996-3524; www.jewbilation.org.

## Kids & Young Adults

**Ann Arbor Art Center's Sundays@1 Workshops at Ann Arbor Art Center • Every Sunday, 1-2:30 p.m.** • Sundays@1 is a weekly workshop series that gives families a chance to drop in and explore creativity together through themed workshops. $12 each Sunday and free the first Sunday of each month. Call 994-8004; info@annarborartcenter.org.

# The Crazy Wisdom Calendar

## Kids & Young Adults (continued)

**Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. •** Local storytellers come to tell wonderful stories for children. Free. For information on presenters, call 662-4110.

**Yoga and Meditation for Teens with Ema Stefanova • Sundays, 6:30-7:30 p.m.; Mondays, 5:15-6:15 p.m.; Tuesdays, 4:45-5:45 p.m.** • Please see complete listing under Yoga.

> Home is not where you live but where they understand you.
> - Christian Morgenstern

**Yoga for Kids ages 7-9 with Ema Stefanova • Mondays, 4-5 p.m.** • Please see complete listing under Yoga.

**Yoga for Kids and Their Parents/Grandparents with Ema Stefanova • Tuesdays, 2-3 p.m. •** Please see complete listing under Yoga.

**Cellochan: A Unique Program for Young Cellists with Suzanne Smith • Session begins Sept. 13** • Please see complete listing under Music.

**Improvisation: Creating Dances Here and Now, Ages 12 and Up with Stefanie Cohen through Arts in Motion Dance Studio • Oct. 23, 1-4 p.m.** • Please see complete listing under Dance.

**Youth Hand Drumming Class with Ryan Edwards and Jeremiah Davis of Like Water Drum and Dance • Six Thursdays starting Sept. 16, 5:45-6:45 p.m.** • Please see complete listing under Drumming.

**Family Drum Workshop with Ryan Edwards of Like Water Drum and Dance through Arts in Motion Dance Studio • Oct. 2, 4:30-6 p.m.** • Please see complete listing under Drumming.

**Wild Swan Theatre for Families • Oct. 14-16: Frog and Toad; Oct. 26-28: Coming to America – Immigrant Tales; Nov. 17-21: A Christmas Carol** • Please see complete listing under Film & Theatre.

**Sunnyside Learning Center: An Innovative New Educational Alternative for Children Ages 6-12** • Small in-home programs facilitated by long-time homeschooling parent, art therapist/teacher, musician, environmentalist. Day programs, workshops, open studio sessions. Fine arts, crafts, wilderness and sustainable living skills, folk music. Call Ellen Bogard at 995-0875; www.sunnysidelearningcenter.com.

## The Labyrinth

**Labyrinth Walk with Visitation • First Fridays of each month; 9 a.m.-5 p.m.** • The labyrinth, representing the spiritual journey, is found in many religious traditions. In walking the labyrinth, one literally and mindfully travels a winding path which unfailingly leads to the center place and then back outward. Feel free to come at any time during your day and to take as long as you wish. All welcome. Free. Call 734-242-5520; visitation@ihmsisters.org.

## Love & Relationships

**Spiritual Relationships: Three Keys to Deepening Love with Daniel Little and Cecile Green • Dec. 9, 7-9 p.m. at Crazy Wisdom's Community Room** • In this informative and experiential workshop, we will explore three key aspects of deepening our love from a spiritual perspective. Cleaning it up, accessing our uniqueness, and making direct gestures to the divine form a tri-fold spiral to assist our deepening into love of each other and Spirit. $10-$15 sliding scale. Call 761-9144; heart-and-soul@comcast.net.

**Creating a Celebratory Relationship with Diane Byrne Jones and Robert Steinbach • Nov. 21, 9:30 a.m.-5:30 p.m.** • This session focuses on the choice to create a celebratory relationship, ending blame and criticism while maintaining your own identity within a context of a relationship. Based on *Five Key Principles of Lasting Love* by Gay and Kathlyn Hendricks in combination with experiential exercises. Seeing your partner in a new light and appreciating relationship as a rich opportunity for learning. $175. Call Diane at 395-9130; byrnejones@earthlink.net or robert@theartcompany.ca.

**Introduction to Opening Doors to Love: A Workshop for Individuals with Carole Kirby • Sept. 19, 2-4:30 p.m. at Crazy Wisdom's Community Room** • This is a free introductory workshop presenting the ideas and concepts that will be presented in the more intensive Opening Doors to Love Workshop for individuals to be held Oct. 23-24. This introductory workshop is for you if you are interested in self-discovery and desiring to learn how to create and keep a healthy, happy primary love relationship. It is for singles and individuals in relationship who are ready to do some individual work. It is based on *Keeping the Love You Find*, a best selling book by Dr. Harville Hendrix, founder of *Imago* relationship therapy. Free. Call 734-424-2797; www.therapy4couples.com or carole@therapy4couples.com.

**A New Way to Love: A Weekend Workshop for Couples with Carole Kirby • Oct. 1-3 in Ann Arbor or Nov. 5-7 in Grand Rapids** • Give your relationship a gift this fall. Whether you've been together six months or ten years, this weekend will offer you new tools and understanding that can help you co-create a closer, stronger coupleship. This workshop is based on the best selling book *Getting the Love You Want* by Dr. Harville Hendrix. All kinds of couples welcome! For cost and times, call 734-424-2797; www.therapy4couples.com or carole@therapy4couples.com.

**Opening Doors to Love: A Workshop for Individuals with Carole Kirby • Oct. 23-24** • This workshop is an intensive, experiential weekend for individuals interested in self-discovery and desiring to learn how to create and keep a healthy, happy primary love relationship. The workshop will provide you with a chance to wake up your heart and take down your walls. See above description. Everyone welcome regardless of gender preference. For cost and times, call 734-424-2797; www.therapy4couples.com or carole@therapy4couples.com.

**Discover What Says "I Love You" to Your Partner with Carole Kirby • Dec. 4, 3:30-6 p.m. at Crazy Wisdom's Community Room** • Learn to express love in your partner's primary love language. Inside every hurting couple exists an invisible "emotional love tank" and the gauge is probably on empty or near empty. When a couple's love tanks are full, they will be able to create an emotional climate where it is possible to discuss differences, resolve conflicts, and truly enjoy each other. Information based on *The Five Love Languages* by Gary Chapman. For cost, call 734-424-2797; www.therapy4couples.com or carole@therapy4couples.com.

## Massage

**Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m.** • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

**Integrating Hydrotherapy and Essential Oils into a Massage Practice: Lymphatic Massage with Mary Light • Nov. 6 and 7, 9 a.m.-6 p.m.** • Clinical massage therapy, as well as process-oriented or relaxation bodywork, is enhanced and enlivened by the subtle yet powerful addition of heat, water, and botanicals. A full lymphatic massage session is also taught. 16 CEU. $250. Call Gaia Center at 945-3385; gaiacenter@comcast.net.

**Pregnancy Massage Methods with Mary Light • Sept. 11 and 12, 9 a.m.-6 p.m.** • This two-day workshop follows the changes in each trimester as a guide to the bodyworker for the special care, repositioning, contraindications, and needs of pregnant clients. 16 CEU. $250. Call Gaia Center at 945-3385; gaiacenter@comcast.net.

**Examining Our Practice: Relationship Dynamics with Mary Light • Nov. 6, 9 a.m.-6 p.m. •** This class combines discussion and exercises designed to clarify boundaries, practice framework, and examine body/mind issues unique to the manual therapy field. 6 CEU in Ethics. $125. Call Gaia Center at 945-3385; gaiacenter@comcast.net.

## Meditation

**Vipassana Meditation Retreat with John Orr, Barbara Brodsky, and Aaron of Deep Spring Center • Oct. 29-31 at Howell Nature Center** • The focus of this retreat will be on deepening our meditation practice. There will be small group instruction for each level. Beginners welcome. Space is available for 20 residential and 6-10 commuters. $175 for residential or $75 for commuters, and optional donation for teachers. Call DSC at 477-5848 or Pat Shalis at 996-3743; www.deepspring.org.

**Tuesday Night Meditation Commitment Class with Barbara Brodsky and Dorothy Ann Coyne of Deep Spring Center • Sept. 7, 21, Oct. 5, 19, Nov. 2, 16, Dec. 7, 21, Jan. 18; Early Section: 6:30-8:20 p.m.; Late Section: 7:30-9:30 p.m.** • Daily Life Practice Toward Freedom. A continuing class for students at any level beyond introductory who are willing to commit to attend class and to meditate regularly. Our focus will be deepening practice and relating practice to daily life. We'll explore such questions and topics as what is dukkha? How do I work with resistance, fear, and confusion? What are the predominant textures of my mind? My body? My heart? What motivates my practice and invites opening? Beyond the conceptual, how do these insights really give us freedom to live with more skill and love, even in difficult circumstances? We'll address real-life situations: our relationship, work, bodies, and the personal issues of our lives. $45 plus optional donation to teachers. Call DSC at 477-5848; info@deepspring.org.

**Thursday Night Continuing Meditation Class with Ann Barden, Cassie Cammann, and Dave Lawson of Deep Spring Center • Sept. 16, 30, Oct. 14, 28, Nov. 11, 18, Dec. 2, 16, Jan. 6, 20; 7:15-9:15 p.m.** • This class will focus on strengthening and deepening fundamental practice of Vipassana Meditation. In addition, there will be study of the nature of the heavenly abodes: lovingkindness, compassion, sympathetic joy, and equanimity. We will work with these four qualities as meditation practices and investigate how they may be expressed in our daily lives. Limited to 20 participants. $50 with optional donation for teachers. Call 477-5848; info@deepspring.org.

**Vipassana (Insight) Meditation for Beginning and Continuing Students with Laura Czuchnowsky and Frank Levey of Deep Spring Center offered through Community Rec & Ed • Thursdays, Sept. 30-Nov. 4; 7:30-9 p.m.** • This class is designed for both the beginner meditator and for those meditators wishing to enrich their practice. Vipassana or Insight Meditation is an ancient teaching of moment-to-moment choiceless awareness. Although the techniques come from the Buddhist tradition, this course has no religious content and is suitable for persons of any religious background. $45. Class size is limited. To register, call 994-2300 ext. 227 or see www.reced.aaps.k12.mi.us For class content, call Larissa or Frank at 657-8742 or info@deepspring.org.

**Vipassana (Insight) Meditation for Beginning and Continuing Students with Dianne Austin and Susan Klimist of Deep Spring Center offered through Community Rec & Ed • Tuesdays, Nov. 9-Dec. 14; 7:30-9 p.m.** • This class is designed for both the beginner meditator and for those meditators wishing to enrich their practice. Vipassana or Insight Meditation is an ancient teaching of moment-to-moment choiceless awareness. As one studies and practices these simple techniques on the cushion, one's daily life becomes easier and less stressful. One learns how to live more skillfully. $45. Class size is limited. To register, call 994-2300 ext. 227 or see www.reced.aaps.k12.mi.us For class content, call Dianne at 665-4298 or Susan at 327-9369 or info@deepspring.org.

**Meditation from the Heart with Carol Blotter of Deep Spring Center offered through Chelsea Community Education • Tuesdays, Oct. 5-Nov. 9; 7:30-9 p.m.** • Living life fully with love happens gradually through understanding and practice. Meditation is a practice to teach us how to have more awareness of our actions and through this awareness, how to connect with our heart of wisdom. This series will explore finding our understanding through basic meditation techniques. For cost, call 433-2206. For class content, call Carol at 475-9312; info@deepspring.org.

> Make your ego porous. Will is of little importance, complaining is nothing, fame is nothing. Openness, patience, receptivity, solitude is everything.
>
> \- Rainer Maria Rilke

**For Beginners: Introduction to Vipassana Meditation - A Half-Day Workshop with Deep Spring Center • Sept. 11 with Susan Weir, Nov. 13 with teacher to be determined; 9 a.m.-Noon** • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $15. Call DSC at 477-5848, Susan at 663-1675; info@deepspring.org.

**Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center • Every Sunday: Sitting Meditation 9:30-11 a.m. followed by a half-hour discussion** • Sunday morning sitting and dharma discussion. No registration needed. Donations gratefully accepted. Call DSC at 477-4858 or Susan Weir at 663-1675; susan@weirdolls.com or info@deepspring.org.

**On the Job: Integrating Your Meditation Practice into Your Work Life with Anna Marie Henrich of Deep Spring Center • Oct. 23; 9 a.m.-Noon** • How can we bring our practice – presence, mindfulness, and kindness – into our time and effort at work? This workshop will address that question, provide work-life examples and tips, as well as experiential exercises. Topics include conversation as group meditation, mindfulness at high speed, and the language and practice of lovingkindness. $15 with optional donation to teacher. Call DSC at 477-5848; info@deepspring.org.

**Spiritual Inquiry Program with Barbara Brodsky and Aaron (channeled) of Deep Spring Center • Sept. 15, 29, Oct. 13, 27, Nov. 10, Dec. 1, 15, Jan. 12, 26; 7:15-9:30 p.m.** • An ongoing program of spiritual inquiry with Barbara and Aaron. Who are we and how do we do the work for which we came into incarnation? We will consider the body (including energy), the mind, and spirit. Students new to Insight Meditation must take an introductory class or receive formal basic instruction. $45 with optional donation to teacher. Call DSC at 477-5848; info@deepspring.org.

**A Day of Silence with Barbara Brodsky and other Deep Spring Center Teachers • Oct. 2; 9:30 a.m.-5 p.m.** • Join us for a day in a woodland sanctuary on the lake at Michigan Friends Center in Chelsea. Bring a bag lunch and your swimsuit. This meditation day is appropriate for beginners and those with Vipassana experience. Experienced practitioners may choose the quiet room some of the day and will have separate instruction. Instruction in sitting and walking meditation will be provided at all levels, and there will be time for questions. Check in begins at 8:30 a.m. $30 with optional teacher donations. This is a fundraiser for the Michigan Friends Center and Deep Spring Center. Call DSC at 477-5848 or Carol at 475-9312; www.deepspring.org.

**Occultic Meditation with Misha Grey at Dreamland • Wednesdays, 6 p.m.** • The ability to control one's own mind is essential in the practice of any esoteric path. Sessions include instruction in consciousness-expanding techniques from various traditions and time for practice. $3 per session. First session is free. Call 834-1782; cwcj@frolicke.com.

**Intensive Meditation at Lighthouse Center • First and third Fridays of each month, 7-10 p.m.** • These evenings include mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381.

**Meditation and Guided Imagery with John W. DeLuca • Sept. 10 or Sept. 24, 7-9 p.m.** • Meditation and guided imagery are known to promote physical and mental health and well being. Learn several forms of meditation that you can easily use for self-development. $40 Canadian. Call Davina at Neuro-Biofeedback Wellness Centre in Windsor at 519-253-1871; johndeluca@fearlessheart.com.

**Evening Meditation and Dialogue for the General Public with Brenda Morgan • Oct. 14 and Dec. 2, 7-8:15 p.m.** • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, and the state continues to evolve. This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation which can help ignite their own. Others may come on a more regular basis, continuing to deepen their understanding of life, spiritual evolution, and learning the feeling gesture of surrender, intensifying the ability to respond to the living God while remaining active in the world. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Love offering/donation. Call Susan at 665-0536.

**Friday Evening Seminar and Meditation with Brenda Morgan • Sept. 10, Nov. 5; 7-9 p.m.** • "Egoic seeking or your unique expression: whose life is it anyway?" on Sept. 10. "Prove it! The exploration of life: fact or feeling" on Nov. 5. Brenda will, through the insight, wisdom, and meditation arising from her spiritual transformation, share how to move into feeling your existence and what lives us all, focusing on the titled topics. $35. Call Susan at 665-0536.

**One-Day Spiritual Intensive/Retreats and Meditation with Brenda Morgan and advanced practitioners • Sept. 11 and Nov. 6, 9 a.m.-4 p.m.** • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique, focusing on various aspects and tools for alignment to the Divine. During the past few months, Tom Egan has opened to Inner Enlightenment/No Mind Within and will share aspects of Brenda's teachings as well as his own. Only a sincere interest in opening to Spirit is necessary. No previous experience with meditation or other religious structures is needed. Your soul's yearning for the Divine is all that is asked. The specific activities are to help catalyze participants' insights into seeing egoic tendencies and learning how to return attention to the first priority in life: God. $85. Call Susan at 665-0536.

**Meditation with Ema Stefanova • Sundays, 3:30-4:45 p.m.** • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing yoga and tantra techniques to develop relaxation and one-pointed awareness, which lead to complete meditation. Taking in consideration the fact that different personalities have affinity with different meditation practices, a wide range of techniques is offered. For cost, call 665-7801; emastefanova@cs.com.

**Yoga Nidra and Stress Release with Ema Stefanova • Sept. 19, 26, Oct. 3, 10; 2:15-3:15 p.m.** • Join Ema for a four-class series to develop calm and relaxation. From the ancient tradition of tantra comes this systematic method for complete physical, mental, and emotional relaxation. Learn to let go and experience deep calm. Two hours of yoga nidra equals eight hours of sleep! For cost, call 665-7801; emastefanova@cs.com.

## Men's Issues

**16th Annual Michigan Men's Spirit Camp with Gurudarshan S. Khalsa and Jeffrey Duvall • Sept. 10 at 5 p.m. through Sept 12 at 3 p.m.** • A heart and soul retreat at a beautiful 80 acre wooded retreat center near Clare, MI. This is a pan-cultural prayer and celebration. All paths are welcome! $195-$295 sliding scale includes meals. Call Gurudarshan Khalsa at 248-541-4834; coachkhalsa@yahoo.com.

## Music & Sound

**Putting Down Roots II Concert Benefit for Community Farm of Ann Arbor • Sept. 18, 7:30-10 p.m. at St. Clare's Episcopal Church** • Community Farm of Ann Arbor musical festival benefit to preserve their farmland. Featuring music by Like Water Drum and Dance, Michael Gould, Home From Work, and Songcatchers. $25. Call 433-0261. Tickets also for sale at Crazy Wisdom Bookstore.

**Eighth Annual Evening of Sacred Song with Sacred Song • Dec. 4, 7:30 p.m. at Temple Beth Emeth** • A celebration of song from many spiritual traditions. Everyone is invited to come celebrate the season, sing along, and enjoy music and rhythms from around the world. All proceeds will benefit local nonprofit organizations. $5-$25 sliding scale. Free for children under 12. Call 961-9153; bantsimba@sbcglobal.net.

**Tibetan Bowl Concert with Mark Handler and Creative Spirit Center • Nov. 12, 7-8:30 p.m.** • Tibetan and Himalayan singing bowls have unique vibrational and musical qualities. Come experience the profound effects and wonderful consciousness experiences. $15. Call 989-837-1885; creative@mindnet.org.

**Play the Bells in the Tower at Kerrytown with Norm Roller every Monday and Heather O'Neal every Wednesday and Friday • Noon-12:30 p.m.** • The Kerrytown Chime is a seven ton world class instrument. You are invited to play by numbers. Over 100 songs to choose from. It's easy and fun for all ages! The bells can be heard within a 2-3 block radius! Free. Call Heather at 369-3107; ofglobal@aol.com.

# The Crazy Wisdom Calendar

## Music & Sound (continued)

**Healing Sound with Layla Ananda (Sheila Ritter) through Gateways Center for Life Enrichment • Dec. 6, 7-9 p.m.** • We all have the ability to heal ourselves and others through sound. You don't need to have any musical background to benefit from the chanting, meditation, and other methods that will be part of this special evening. Come learn and enjoy! $10. Call 734-332-4666; gatewayscenter@hotmail.com.

**Ravi Shankar through University Musical Society • Sept. 23, 8 p.m. at Hill Auditorium** • Legendary virtuoso sitarist, composer, teacher, and writer Ravi Shankar is renowned throughout the world for his pioneering work bringing Indian music to the West. Called the "Godfather of World Music" by George Harrison, Shankar is India's most recognized and esteemed musical ambassador influencing music of all genres. $10-$48. Call UMS Ticket Office at 764-2538; www.ums.org.

**Laurie Anderson through University Musical Society • Oct. 3, 4 p.m. at Power Center** • One of today's premier performance artists, Laurie Anderson has consistently intrigued, entertained, and challenged audiences with her multimedia presentations, casting herself in roles as varied visual artist, composer, poet, photographer, filmmaker, ventriloquist, electronics whiz, vocalist, and instrumentalist. $20-$44. Call UMS Ticket Office at 764-2538; www.ums.org.

**Arab World Music Festival Opening Concert with Marcel Khalife through University Musical Society • Oct. 16, 8:30 p.m. at Hill Auditorium** • Lebanese oud player Marcel Khalife is one of the world's leading Arabic musicians, reshaping traditional Arabic music into an alluring, universally communicative form of expression. $10-$40. Call UMS Ticket Office at 764-2538; www.ums.org.

**Le Concert Spirituel through University Musical Society • Nov. 4, 8 p.m. at St. Francis of Assisi Catholic Church** • As on of today's leading performers of Baroque music, Le Concert Spirituel is comprised of 13 singers and 16 instrumentalists who play the most prestigious venues in France. This all-Charpentier program commemorates the 400th anniversary of the composer's death. $30-$40. Call UMS Ticket Office at 764-2538; www.ums.org.

**Ensemble Al-Kindi and the Whirling Dervishes of Damascus through University Musical Society • Nov. 14, 8 p.m. at Michigan Theater** • The Whirling Dervishes, Turkish Sufi mystics first established in Syria in the 16th century, attest to the power of music and dance to invoke serene meditation, ecstasy, and an eventual state of grace, the ever-present goal of this important Sufi tradition. This concert celebrates the last day of Ramadan. $16-$36. Call UMS Ticket Office at 764-2538; www.ums.org.

**Handel's Messiah through University Musical Society • Dec. 4 at 8 p.m. and Dec. 5 at 2 p.m. at Hill Auditorium** • The UMS Choral Union with Jerry Blackstone conducting, returns to Hill Auditorium for its 126th annual performance of Handel's beloved oratorio, Messiah. $10-$28. Call UMS Ticket Office at 764-2538; www.ums.org.

**Cellochan: A Unique Program for Young Cellists with Suzanne Smith • Beginning Sept. 13** • Cellochan is a program that provides a nest of optional services and events surrounding the private cello lesson. It is geared toward helping each cellist gain mastery while preserving the joy of music making and furthuring self esteem. For cost, call 662-2325; cellochan3B@aol.com.

## Myth & Storytelling

**Tales of Faerie with Bronwen Gates • Sept. 27, Oct. 27, Nov. 19; 7-9:30 p.m.** • Evening playtimes – a chance to listen to a story you thought you knew. Your soul loves story. Come and explore your soul's story through the mythic truth that lies embedded within these tales of faerie. Let these stories come alive for you. $20 per class. Call 913-9919; bronwild@aol.com.

**Journey to Avalon: A Year Journey with Bronwen Gates • Nov. 12, 7-10 p.m. and Nov. 13, 10 a.m.-4 p.m.** • Explore the Merlin-Arthur legacy, find the truth within the myth, your truth and Truth. Explore chivalry and the domain of magic, the Muse, the Glamourie, and the Ancient Ones. This is a year journey beginning with this weekend, with the option to travel to England next summer. $90 or $30 for evening only. Call 913-9919; bronwild@aol.com.

## Native American

**Sweat Lodge with Janet Nagy • Last Saturday of every month, 5 p.m.** • Orientation and introduction to ceremony. Experience connection with the Earth Mother during the ceremony. $20 plus a dish to pass. Call 734-783-3830; mulberryfarms@comcast.net.

## Natural Building

**Natural Plastering Workshop with Cedar Rose Guelberth • Sept. 18-19 or Sept. 18-22** • A two-day workshop or five-day intensive at the Strawbale Studio in southeast rural Michigan. For cost and times, call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

**Curious about Natural Building? • Times vary** • Tours, workshops, work parties, and apprenticeships available at the Strawbale Studio. For cost, dates, and times, call Deanne Bednar at 248-628-1887; ecoartdb@aol.com or www.uheac.org.

## Natural Magic

**Introduction to Faerie with Bronwen Gates • Oct. 23, 10 a.m.-5 p.m.** • Faerie is the domain of magic, with Nature as the common language shared by faerie and humans. Spend a day exploring faerie and your relationship to this realm of being, exploring what faerie means to you. $72. Call 913-9919; bronwild@aol.com.

## Nutrition & Food Medicine

**Eat According to the Elemental Energies that Feed Your Body with Linda Greene • Oct. 18 or 25, 5:30-7:30 p.m.** • We will explore Dr. Randolph Stone's approach to nourishing yourself optimally using the five elemental chakra energies as a basis for food selection. Matching each food's energy type to your body's energy needs helps you thrive. $20. Call 662-2029; lingreene@aol.com.

**The Untold Truths with Cindy Klement • Mondays from 7-8:30 p.m.; Session I: Sept. 13-Oct. 18; Session II: Oct. 25-Nov. 29** • Participants will acquire knowledge as to what the nutritional value is in the food they are eating, how they are exposed to environmental toxins and where to find them, how to avoid anti-nutrients, statistics on the standard American diet as well as risk factors for diseases and DNA markers already present in their bodies, the danger of xenoestrogens and the effects of estrogen overload, hidden sources for disease, and more. $85 includes a 40-page workbook and cd for each week. Call Lind Brooks at 975-2444.

**The Food for Thought Game with Wendy Warrick • Sept. 29, 7-9 p.m.** • In this fun and playful workshop, the room will be turned into a lifesize gameboard. Through play, the game participants will test their food savvy, take a personal inventory, and learn the connections between what we eat and how we feel. Prizes will be awarded! $15. Call 913-9619.

**Raw Food Potlucks • First Wednesday of each month, 6:30 p.m.** • For all who are interested in exploring the benefits of the raw lifestyle. We meet in Ann Arbor. Call Ellen at 995-0875.

**Keeping a Conscious Commitment to Health with Judy Stone • Tuesdays, Oct. 5-Nov. 9** • A 6-week nutrition coaching program to help you use the power of food to address weight, depression, cholesterol, hypertension, irritable bowel, gastric reflux, chronic pain, and other health issues. Each week includes presentations, discussion, handouts, and suggested steps to take during the week to improve your health. Cost includes book, handouts, samples, recipes, 30-minute phone consultation, and 10% off any additional consultations through Dec. 31. • $250 or $225 before Sept. 21. For time, call 994-5549.

**Treating Depression with Dinner with Judy Stone • Friday, Nov. 19, 9:30 a.m.-Noon** • Designed for health and mental health professionals, this workshop will help you unravel the many nutritional and biochemical imbalances and deficiencies that cause and exacerbate depression, anxiety, and bipolar disorder. You will learn practical tools to help clients assess their own situations, make appropriate nutritional and lifestyle changes, and seek medical care to address underlying health problems. $75 or $65 by Nov. 5. Call 994-5549.

## Parenting

**Fathers and Sons: A Discussion on Becoming a Man! through St. Joseph Mercy Hospital • Oct. 27, 7-9 p.m.** • Provides both fathers and sons ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen boys will experience as they enter puberty. $25 per pair. Call Lynne Ruxton at 712-3625 or 800-803-7174.

**Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up through St. Joseph Mercy Hospital • Sept. 26, 1-5 p.m.** • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mom and one daughter. $10 for each additional daughter or grandmother. Call Lynne Ruxton at 712-3625 or 800-803-7174.

**Boot Camp for Dads through St. Joseph Mercy Hospital • Sept. 18, 9 a.m.-Noon; Sept. 23, 6-9 p.m.; Oct. 21, 6-9 p.m.; Nov. 6, 9 a.m.-Noon; Nov. 18, 6-9 p.m.; Dec. 9, 6-9 p.m.** • Designed for first time fathers of all ages! You'll learn practical information on parenthood, baby care, becoming a family, and supporting the new mom. Hands-on experience in holding and comforting a baby with the help of veteran dads who bring their babies to class. This class is an all-male class. $25. Call Lynne Ruxton at 712-3625 or 800-803-7174.

**Positive Parenting Strategies for Your School Aged Child through St. Joseph Mercy Hospital • Nov. 9 and 16, 7-9 p.m.** • This two-session class addresses concerns that parents of pre-adolescents will encounter. Participants will develop a repertoire of skills that will facilitate communication with their adolescent. $20. Call Lynne Ruxton at 712-3625 or 800-803-7174.

**Mothering Arts Support Group with Merilynne Rush and Amanda Smith of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m.** • Free drop-in session open to all parents of little ones to share resources, ideas, and support for attachment-style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. No sessions when schools are closed for inclement weather. Free. Call 424-0220; info@newmoonmidwifery.com.

Lisa Wolf is a Pathwork Helper, clinical psychologist, musician and a mother.

"It is an honor and a gift to nurture and facilitate the personal process work of both my therapy and Pathwork clients. To be able to hold the space for someone to surrender his or her ego and face themselves honestly and self responsibly, is a powerful experience. I love witnessing my clients remember/ become, "who they really are" and navigate life from that place."

**Opening Up Verbal and Nonverbal Communication with Diane Byrne Jones and Linda Marinovich • Nov. 6, 9:30 a.m.-5:30 p.m. •** This class focuses on appreciating our children as life learning partners. Come join us explore and expand our understanding of both verbal and nonverbal communication. Discover easeful and fun ways to become unstuck all while growing in our appreciation and exhilaration of our co-creative relationship with our children. Teens are also welcome. $150. Call Diane at 396-9130; byrnejones@earthlink.net or fourkindness@sbcglobal.net.

**Meeting Fire with Fire: Walking into the Storm with Your Teenager with Cecile Green and Daniel Little • Nov. 11, 7-9 p.m. at Crazy Wisdom's Community Room •** Courage, clarity, compassion, and action... All of these are qualities needed when moving through difficult times with these young people that we love so much. This presentation will give us insight into ourselves and deepen our communication and confrontation skills through discussion, self reflection, and group activities. $10-$15 sliding scale. Call 761-9144; heart-and-soul@comcast.net.

## Past Life Regression

**Past Life Regression: Three-Week Series with Shala Kilmer • Three weeks starting Wednesday, Nov. 10, 7-9 p.m. •** Experience past lives of your choice in vivid detail. You will find interesting similarities between past lives and your present life. Participants report regressing is easy and a lot of fun. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

**Elemental Magic: A Storytelling Ritual with Gloria Marshall through Gateways Center for Life Enrichment • Oct. 13, 7-9 p.m. •** Gloria will do a "soul reading" for each participant by providing a story that will come forward, which will connect you with some aspect of a past life that your soul wants you to be aware of at this point in time, and incorporate into your consciousness. Through connecting to the elements, spirits, guides, and each other, using meditation and music to assist us, our energies combine in the gathering of these messages and the creation of a space where we can feel the magic within. $10. Call 332-4666; gatewayscenter@hotmail.com.

## Personal Growth

**Circles of Life: A Weekend Retreat at the Love Inn with Jeanne Nicholson of Spirit Connections • Sept. 17-19 •** Retreat to the beauty of the Upper Peninsula, Lake Michigan beaches, and enchanted forests. Comfortable lodgings, whole food meals, and good friends. Discuss, explore, and experience the circles of life through the labyrinth, the mandala, the Native American medicine wheel, fire circle, art, dance, movement, and more. Space is limited. $155 includes two nights lodging, five meals, materials, and workshops. Call 248-478-8492; infinityconnections@yahoo.com.

**The Mysticism of Etty Hillesum with Margaret Brennan of Visitation • Oct. 16, 9:30 a.m.-4:30 p.m. •** Etty Hillesum (1914-1943) was a Dutch woman who died in Auschwitz at the age of 29. Her diaries and letters, published forty years after her death, have become a classic of 20th century spirituality and a "font of comfort and courage in our own terrifying age." Whether Etty and her story are new for you or not, a day in her company is bound to enrich your understanding and to deepen and challenge your own story. $40 with drinks provided. Call 734-242-5520; visitation@ihmsisters.org.

**You Are Called with Barbara Stanbridge of Visitation • Nov. 20, 9:30 a.m.-4:30 p.m. •** This workshop will provide participants with a framework to discover or rediscover their "call" which is central to meaning in life. This workshop may be especially helpful to those who feel "stuck" in their lives and want a renewed sense of purpose. $40. Call 734-242-5520; visitation@ihmsisters.org.

**Envisioning a Clear Path or The What's Next? Workshop with Matruka Sherman and Richard Mann • Six Fridays starting Oct. 8, 2-3:30 p.m. •** This workshop is designed to explore important life choices that lie ahead, especially for young adults who are trying to decide what weight to give their skills, the practical realities as they assess them, the momentum of their personal relationships, their deepest values, and their spiritual agenda. Through small group discussion and exercises, you can gain clarity about your life purpose and confidence in your own unique contributions. $45 per session for six weeks. Call Matruka at 213-7475; matrkasher@aol.com.

**Creative Visualization with Debbie Taylor • Sept. 4, 10 a.m.-2 p.m. •** This is a work (fun) shop designed for participants to "name it and claim it." Create your own reality from your dreams and wishes. $40. Call 734-697-0888 (days) or 734-697-7148 (evenings).

**Reconnecting to Your Inner Idiot with Mike Kelly through Gateways • Oct. 4, 7-9 p.m. •** Join this interactive workshop for adults using simple games, chants, and folly to help lessen the burden of self-importance. Please come fragrance free. $15. Call 332-4666; gatewayscenter@hotmail.com.

**Starry, Starry Night: A Call to Explore Your Cosmic and Galactic Roots with Rev. Bettiann Clark through Gateways • Nov. 13, 9:30 a.m.-4:30 p.m. •** Do you suspect or know that your home planet in not Planet Earth? For those of us who may sense we are different, or are ready to explore the idea, this is a time to share, look at possibilities, consider your purpose, and integrate your work. Each person will also be assisted in bringing forward a special Guide, who will be appropriate for their change and expansion. $35. Call 332-4666; gatewayscenter@hotmail.com.

**Constructive Transcendence: Living the Sacred Circle with John W. DeLuca • Sept. 11, 10 a.m.-6 p.m. •** Explore the notion of the self as a mandala or sacred circle, a metaphor for the deconstruction and reformation of the self and our personal cosmology. Take time to discover your hidden assumptions and preconceived notions about yourself and the world as well as learning techniques that will help you create a better life. Change your expectations and change your world by revisioning yourself and living the sacred circle! $120 Canadian. Call Davina of Neuro-Biofeedback Wellness Centre in Windsor at 519-253-1871; johndeluca@fearlessheart.com.

**The Healer Within and Other Parts of Ourselves with Tanis Allen • Oct. 10, 2:30-4 p.m. at Crazy Wisdom's Community Room •** Who hasn't said to themselves at one time or another, "I feel torn; a part of me feels one way and a part of me feels another?" This workshop explores the common inner experience of "parts of self" and introduces through discussion and demonstration a powerful approach to psychotherapy called the Internal Family Systems model. Come learn about pacifying critical voices inside you, unburdening painful emotions and memories, and coming to trust the core "Self" that each of us has as an internal healer and leader. Free. Call 417-7667; tanis_jo@yahoo.com.

**Essentials for an Extraordinary Life with Gurudarshan S. Khalsa • Ten Wednesdays, Sept. 15-Nov. 17; 8 p.m. •** This life training will guide you through the use of powerful questions, revealing exercises, and potent visualizations, all designed to support you in leading the life you were meant to live. If you participate fully, you will not be the same person at the end of the ten weeks! Instead of waiting for things to change so that you can be happy, you will have the skills and insight to bring forth the very best in yourself, the discipline to take radical action, and the courage to begin living your dream. $285. Call 248-541-4834; coachkhalsa@yahoo.com.

**The Secret of the Shadow: A Life Beyond Beliefs Teleclass with Gurudarshan S. Khalsa • Eight Thursdays, Sept. 16-Oct. 4 •** Through a series of discussions and guided visualizations, you will process the undigested events of your life (your Shadow). This class, conducted on a telephone conference line, will help you extract the wisdom from your life's lessons, so that you can unconceal your Secret – the unique gift that you were born to manifest! This allows you to live a life beyond your limiting beliefs. $230. For times, call 248-541-4834; coachkhalsa@yahoo.com.

**The Secret of the Shadow: A Life Beyond Beliefs Teleclass with Gurudarshan S. Khalsa • Oct. 9, 9 a.m.-5 p.m. •** See above description. This workshop is not a teleclass. $125. Call 248-541-4834; coachkhalsa@yahoo.com.

**Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Sept. 21, Noon-1:30 p.m.; Part 2: Sept. 28, Noon-1:30 p.m. •** If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733.

**Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Sept. 7, Noon-1:30 p.m.; Part 2: Sept. 14, Noon-1:30 p.m. •** Tune in to messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733.

**Are You Grounded? with Karlta Zarley • Sept. 15, 7-9:30 p.m. •** Do you lose things? Are you as effective in your activities as you would like? Are you easily distracted? Do you really know what being grounded means? We will discuss three aspects of being grounded, learn how to tell if you've become ungrounded, and learn some meditations to help you ground yourself quickly on your own. $25. Multiple class discount available. Call 433-9333.

# The Crazy Wisdom Calendar

## Personal Growth (continued)

**Boundaries with Karlta Zarley • Part I: Sept. 18; Part II: Oct. 2; 9 a.m.-1 p.m.** • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are part of every aspect of our lives. Part I will discuss different types of boundaries, how to identify them, and putting and keeping them in place. Part II must be taken after Part I and will spend time on energetic boundaries, individual needs, ad practicing good "boundary hygiene" of all types using role playing. $65 per class. Multiple class discount available. Call 433-9333.

> It matters immensely. The slightest sound matters. The most momentary rhythm matters. You can do as you please, yet everything matters.
>
> -Wallace Stevens

## Prayer

**Moving Through the Scriptures: Praying with Body, Mind, and Spirit with Janene Ternes of Prayer in Motion • Nov. 14, 9:30 a.m.-4:30 p.m.** • Come experience a new dimension in your personal prayer using your body, mind, and spirit to pray with the scriptures. Deepen your connection with God as you pray through movement, music, and guided meditation. Themes will focus on healing, trust, love, and responding to God's call. Basic movements will be taught that can be done by anyone regardless of experience or physical limitation. $45 includes lunch. Call 734-429-7754; prayerinmotionjt@aol.com.

**Introduction to Centering Prayer with Mary Ann Flanagan of Visitation • Nov. 13, 9:30 a.m.-4:30 p.m.** • In our busy lives, we may be looking for guidance and encouragement in the practice of daily prayer done in a quiet, wordless presence with God. Abbott Thomas Keating speaks of Centering Prayer as the Divine Therapy in our relationship with God, self, and the world. We will learn and practice the method of Centering Prayer envisioned in the thought/guidelines offered by Keating. $40 includes drinks. Call 734-242-5520; visitation@ihmsisters.org.

**Contemplative Prayer with Visitation Staff • Every Monday, Noon-12:30 p.m.** • All are welcome for a half hour of centering prayer in which participants pray together in silence, striving to simply open themselves without words or images to God. All are requested to arrive before noon. No fee. For times, call 734-242-5520; visitation@ihmsisters.org.

## Professional Enrichment

**Meeting of the Hearts and Minds: Social Gathering for Complementary Health Care Providers • Oct. 2, 4-6 p.m. at Crazy Wisdom's Community Room** • Crazy Wisdom Bookstore and The Harmony of Energy Center are co-sponsoring a "meeting of the hearts and minds" social gathering for complementary health care providers in Washtenaw County. Many of you who place ads in the Crazy Wisdom Community Journal will have an opportunity to meet each other, share business cards, have inspiring conversations, join the Harmony of Energy networking group, and suggest multi-media and written resources to Crazy Wisdom Bookstore. Please feel free to invite colleagues. Free. Call 741-0695.

**Contemplative Supervision: A Long, Loving Look at the Real ... For Spiritual Directors Only with Kathleen McAlpine and Maureen McDonnell of Visitation • Sept. 18, 9:30 a.m.-4:30 p.m.** • This day is intended for spiritual directors who wish to improve their skills and who are desirous of doing so in a contemplative mode. Content and processes will include reflection on human experience, theological, spiritual, and contextual realities. Participants are asked to bring spiritual direction experiences and to share in group dynamics including role plays and real plays on supervision. Participant groups will reflect and observe as they contemplate the Mystery of God at work in spiritual direction and supervision. $50 with drinks provided. Call 734-242-5520; visitation@ihmsisters.org.

**Business Skills for the Self-Employed with Patty Brennan of Center for the Childbearing Year • Dec. 11, 9 a.m.-5 p.m.** • Come and learn the skills necessary to be successfully self-employed. Topics include establishing yourself as a business entity, money matters, financial record keeping, insurance considerations, taxes, marketing on a limited budget, limiting liability and creating client contracts, professionalism, ethical concerns, and more. This class is appropriate for anyone setting up a service-oriented business. $110 with early registration discount offered. Call 663-1523; patty@center4cby.com.

**Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Nov. 12-14, 9 a.m.-5:30 p.m. each day** • Become a Professional Birth Assistant. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through Doulas of North America. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

**Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Oct. 15-17, 8 a.m.-6:30 p.m.** • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

**2004 Comprehensive Pediatric Asthma Management Conference through St. Joseph Mercy Hospital • Sept. 22, 8 a.m.-3 p.m.** • A healthy student is a student ready to learn. Asthma-friendly schools are hose that make an effort to create safe and supportive learning environments for students with asthma. This program is designed for health care professionals interested in pediatric asthma management: school nurses, pediatric/family practice office nurses, mid-level providers, and social workers. $60 or $30 for half day. Call Lynn Klima at the Women's Health Center at 712-2851.

**Treating Depression with Dinner with Judy Stone • Friday, Nov. 19, 9:30 a.m.-Noon** • Designed for health and mental health professionals, this workshop will help you unravel the many nutritional and biochemical imbalances and deficiencies that cause and exacerbate depression, anxiety, and bipolar disorder. You will learn practical tools to help clients assess their own situations, make appropriate nutritional and lifestyle changes, and seek medical care to address underlying health problems. $75 or $65 by Nov. 5. Call 994-5549.

**The Gestalt Approach to Therapeutic Practice (Professionals/Students) with Sheree Johnson • Oct. 2-3, 10 a.m.-5 p.m.** • This workshop is for therapists and therapists-in-training interested in the basic principles, techniques, and approaches to Gestalt Therapy. 25 contact hours. $250. Call 929-0367; www.gestalt-annarbor.org.

**Introduction to Gestalt with Sheree Johnson • Sept. 11, 10 a.m.-1 p.m.** • A free workshop for interested professionals and students to explore the concepts of Gestalt Therapy. This forum will provide you with an opportunity to ask questions and participate in impromptu Gestalt experiments. Free. Call 929-0367; www.gestalt-annarbor.org.

## Reiki

**Reiki Healing with Eden Winter** • Experience the healing energy of Reiki, the universal life force, flowing freely through your body, spirit, and life, bringing well being on all levels – harmony, balance, abundance, light, and love. For complete information, call 904-0076.

**First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 26 or Dec. 12; 9-6 p.m.** • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

**Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 20 and 21; Saturday, 6-10 p.m. and Sunday 10 a.m.-4 p.m.** • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with discount offered. Call 663-9724; intuitivehealth@aol.com.

**Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 2, Oct. 7, Nov. 4, Dec. 9; 7-9:30 p.m.** • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

**First Degree Reiki Class with Suzy Wienckowski • Sept. 10-12; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m.** • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

**Second Degree Reiki Class with Suzy Wienckowski • Oct. 22-23; Friday 7-9 p.m., Saturday 10-4 p.m.** • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

**Temple Academies Reiki Level 1 Class with Anne Carbone and Alana Martin • Nov. 8 and 15, 7-10 p.m.** • Reiki is a method for using universal life force energy to heal the self and others. It is not a religion, and requires no particular belief system. Temple Academies Reiki, while honoring Reiki's origins, uses a newer design for passing the attunements (or initiation). In addition, it combines more than one Reiki lineage, including a primary one that bypassed the Hayashi/Takata line. $150 includes workbook and certificate. Call 971-5849 or 355-1890; templeacademyMI@aol.com.

## Shamanism

**The Shaman's Path: Working with Spirits with Kenn Deigh • Sept. 11 and 12, 10 a.m.-5 p.m. at Crazy Wisdom's Community Room** • The shaman lives in a world that is invisible to the average person. It is a world of spirits – of ancestors, earth, and more – all of which can become allies in the search for wholeness. This workshop brings you into contact with this world, providing techniques to communicate and interact safely and effectively. Opening Inner Doorways is a prerequisite. $200. Call 513-481-3080; enki@one.net.

**The Shamanic Journey with Misha Grey at Dreamland • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 3 p.m.** • Let the sound of the drum guide you on a journey to your subconscious to meet and speak with power animals. Instruction will be provided to beginners and all are welcome to discuss their visions afterward. Donations accepted. Call 834-1782; cwcj@frolicke.com.

## Spiritual Development

**Weekend Celebration with Jain Master Gurudev Shree Chitrabhanuji through Lighthouse Center • Oct. 8, 7-8 p.m.; Oct. 9-10, Saturday and Sunday workshop, 10 a.m.-Noon** • Inspirational message by Gurudevji, followed by group photo, blessings, and consultations. Friday evening free. $10 suggested donation for Saturday and Sunday. Call Prachi at 734-449-4381; thielp17@yahoo.com.

**Magick 101 with Misha Grey at Dreamland • Every Thursday, 6 p.m.** • In every culture, in every epoch in history, there have been individuals who have tried to connect with the unseen and direct the hidden forces that seem to connect otherwise unconnected events. They have been called shamans, witches, sorcerers, alchemists, and magicians. From ancient times to the Middle Ages to the present day, we will glean useful tidbits from their art to construct the ark of our own destiny. $6 per session. Call 834-1782; cwcj@frolicke.com.

**Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • Wednesdays, 1-3 p.m.** • This group combines the psychological and the spiritual to discover the "soul's journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

**Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • One Friday of each month, 7 p.m.** • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima or Tara Wells at 663-5853.

**An Introduction to the Pathwork Teachings: A Lecture Study Series with Lisa C. Wolf • Dates and times to be determined by participants** • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studied and a subscription to Great Lakes Pathwork Newsletter. Call 930-0864.

**An Introduction to the Pathwork Teachings: Lecture Study/Process Series with Lisa C. Wolf • Four day long workshops offered Saturdays or Sundays, 10 a.m.-6 p.m.** • This four-part series combines lecture study with process work to teach and experience the basic concepts expressed in the Pathwork lectures. Using a thematic approach, this series creates and deepens personal understanding of the teachings through education, discussion, and the application of these concepts to one's own life. The four parts are: Returning to Wholeness: Navigating the Journey of the Soul, Who Am I Really: An Exploration of the Levels of the Human Personality, The Origin of the Wound: Exploring Child Consciousness, and Developing the Conscious Ego: A Spiritual Practice. $125 for each. Call 930-0864.

**Spending a Morning with Scripture: Being Surprised by God with Donna Hart of Visitation • Sept. 25, 9:30 a.m.-12:30 p.m.** • Participants will engage in a fresh look at some timely models from the pages of Scripture, including Abraham and Sarai, Zacchaeus, a tax collector, a woman who had five husbands, and more. Free. Call 734-242-5520; visitation@ihmsisters.org.

**Catechist Formation with Donna Hart and Monica Stuhlreyer of Visitation • 7-8:30 p.m.** •
$10 per session or $30 for four. Call 734-242-5520; visitation@ihmsisters.org.
Oct. 25: What is Faith?
Nov. 8: What is Theology?
Nov. 15: What is Church?
Nov. 22: Christian Perspectives on Creation

**Mary of Advent with Margaret Brennan of Visitation • Nov. 28, 1:30-4:30 p.m.** • Advent is both a season of waiting and of preparation for the continual coming of God in our midst. Come and spend an afternoon of prayer and reflection with Mary of Nazareth, a woman of faith and outstanding courage who models for all Christians a sign of what it means to bear the image and likeness of God and to live the consequences of such a reality in a Church and in a world often unmindful of the dignity and value of others. $30. Call 734-242-5520; visitation@ihmsisters.org.

**Flower of Life Workshop – 2000+ with Lorna Brown • Sept 18 and 19, 9 a.m.-5 p.m. each day** • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlab6@aol.com.

**The Big Picture Overview with Lorna Brown • Nov. 17, 7-9 p.m.** • An opportunity to explore, question, and discuss life from various perspectives, including the integration of our day-to-day physical experience with our spiritual, higher self and soul levels. $10. Call 734-428-8748; starlab6@aol.com.

**Science of Mind Study Group with Dana Aras • First and third Fridays, 7 p.m.** • The purpose of this group is to introduce Science of Mind teachings to persons who are ready to take charge of their lives and learn how to think and live from that spiritual center inherent to all. The goal is to be a core of people joined in a common pursuit of excellence, to be part of making a difference for good wherever one is. Love offering. Call 994-3933; arasdana@aol.com.

**The Painting Experience with Stewart Cubley • Sept. 24-26** • This therapeutic workshop offers a unique experience to profoundly inhabit the present moment. It's an engaged spirituality – a practice of equanimity, presence, and learning to stay focused in the face of what arises. It's a unique journey into the Great Mystery. $475 includes room, board, and materials. Call 810-678-3290; www.windrise.com.

## Tai Chi & Martial Arts

**Essential Tai Chi with Eden Winter • Morning and evening sessions** • Instruction in basic exercises for everyone. All ages. Free intro session. $10 each or $50 for six sessions. For dates and times, call 904-0076.

**Tai Chi with Evelyn Craig of Visitation • Sept. 13, 20, 27, Oct. 4, 11, 18; 7-8:15 p.m.** • Tai Chi invites us to be attentive and deeply focused in the center of our beings. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $15 per session or $55 for the series. Call 734-242-5520; visitation@ihmsisters.org.

**Wu Style Tai Chi Chuan with Genie Parker • Beginners: Thursdays, 6:30-8 p.m.; Ongoing: Sundays, 4 p.m. at Jewel Heart; Advanced: Tuesdays, 6-8 p.m. and Thursdays, 7:30-9:30 p.m.** • Wu style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $30 per month for one class per week. $55 per month for two classes per week. $5 each drop-in class. Call 248-229-1060; wustyle-annarbor.com.

**Free Introduction to Chi-Do: Stress Reduction Techniques with Wasentha Young of Harmony of Energy Center • Oct. 15, 7-8 p.m.** • Chi-Do is a combination of techniques designed by Wasentha Young of varying tangible chi kung (qigong) techniques to provide individuals, no matter what their age or lifestyle, with the necessary tools to monitor and regulate accumulative stress factors. During this free experiential introduction, Wasentha Young will demonstrate and explain the benefits of this model in recognizing, releasing, and preventing the health risks associated with accumulative mental, physical, emotional, and interactive stressors. Free. Call 741-0695.

**T'ai Chi Ch'uan Beginner Class with Master Wasentha Young • Sept. 13-Dec. 11; Mondays, 6-7:15 p.m. and/or Saturdays, 10-11:15 a.m.** • T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Tai Chi Chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

> We say that we cannot bear our troubles, but when we get to them we bear them.
>
> - Ning Lao T'ai-t'ai

**Push Hands with Master Wasentha Young • Sept. 13-Dec. 11; Tuesdays, 8:15-9:15 p.m.** • After completing the T'ai Chi Ch'uan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield, and neutralize force, ripples outside the class as one gains a sense of personal boundaries as they relate to oneself and others. Open to anyone who has completed a solo form of TCC regardless of style. $50 per month. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

# The Crazy Wisdom Calendar

## Tai Chi & Martial Arts (continued)

**T'ai Chi Sword with Master Wasentha Young • Sept. 13-Dec. 11; Wednesdays, 8-9 p.m. •** The T'ai Chi Ch'uan Sword Form (double edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element water, and is therefore considered the highest of all the weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $170 for beginners. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

**Fundamentals of Chi Kung (Qigong) and the Five Element Theory with Master Wasentha Young • Sept. 13-Dec. 11; Tuesdays, 6-7:15 p.m. •** Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

**Kaishan Golden Shield: Demo and Free Introductory Class with Lori GeeWahyieh Larson • Sept. 11, 3 p.m. •** Originating in the mysterious Erh-Mei Mountains in ancient China, Kaishan Golden Shield is a remarkable ancient Chinese energy system for health and longevity. Its health and longevity benefits may be enjoyed by everyone. Free lecture and demo. Continuing is $100 per month. Call Lori at 641-919-2234 or Ed Jackson at 480-0266; lsqaured@kdsi.net.

**Free Introductory Tai Chi and Qigong Workshop with Jeff Noftz • Sept. 9 and 16, 9-11 a.m.; Eight-week Sunday class starts Sept. 23, 9-11 a.m. •** Qigong is an ancient Chinese system of exercise/movements that strengthens the mind, body, spirit as they balance and augment Qi or life force. Tai Chi is a martial art with similar benefits to Qigong. Beginners welcome. Free introductory workshop. $80 for 8-week class. Call Joseph Staron at 222-4888; jtstaron@aol.com.

**Full Circle Tae Kwon Do with Scott Berry • Wednesdays, 8:15-9:45 p.m.; Fridays, 6:30-8 p.m.; Sundays, 6:30-8 p.m. •** Full Circle Tae Kwon Do is a not-for-profit Tae Kwon Do club that welcomes people of all ages and levels of experience. The spaciousness of the Peter Sparling Dance Gallery Studio, where classes are held, enables us to vary our training with forms, partner exercises, target work, careful sparring, bag work, and focused stretching. We stress integration of the five tenets of Tae Kwon Do in our practice to achieve a well rounded grounding in both the external and internal elements of the art: courtesy, integrity, perseverance, self-control, and indomitable spirit. $40 per month for unlimited classes. Call 747-8751.

## Tarot & Divination

**Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Tuesdays, 7-10 p.m. •** $1 per minute. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

**Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. •** Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system. Developed in 1999 here in Ann Arbor, by a group of enlightened individuals ranging from artists to astrophysicists, we have become believers in its powers after four years of testing. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780 if you prefer to schedule a reading.

**Divination and Desserts at Essential Energies in Jackson • Thursdays, 7-9 p.m. •** Join us for this weekly series. Each week, we welcome a guest speaker/reader skilled in a different practice of divination. From astrology, oracle cards, palmistry, and pendulums. A great way to explore, enjoy the company of like-minded folks, and have dessert. Bring a dessert to share. $12 each. For schedule, call 517-796-2082; essentialenergies@sbcglobal.net.

## Therapy & Support Groups

**Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 weeks beginning Wednesday, Sept. 1; 6:30-8:30 p.m. •** This group is oriented towards building and strengthening skills and resources for coping with the impact of sexual trauma on your physical, emotional, and spiritual well being. Through guided discussions, creative activities, and the development of supportive relationships with each other, survivors are able to reduce the disturbance from distressing symptoms, such as flashbacks and nightmares, and further their journey of healing. $50 per session. Call Anita at 332-0669.

**Men's Issues Therapy Group with Cam Vozar • Mondays beginning Sept. 13, 7-8:30 p.m. •** An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation, and divorce. $40 per group session. Call 747-9073; cvozar@aol.com.

**The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Third Tuesday of each month, 7-9 p.m. •** This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice, and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

> You do not have to sit ouside in the dark.
> If, however, you want to look at the stars,
> you will find that darkness is necessary.
> But the stars neither require nor demand it.
> - Annie Dillard

**Catalyst: Healing from Within with Jacqueline Doneghy • Thursdays, Nov. 4-Feb. 25, 2005 •** Catalyst is a time-limited support group for survivors of sexual abuse. In a safe, supportive environment, the participants will receive information about sexual abuse and other childhood trauma, as well as having the opportunity to process and resolve the effects of trauma. During this 16-week session, coping strategies and tools will be provided. $20 per session. Call 546-0397; jdgail696@aol.com.

**The Gestalt Approach to Therapeutic Practice (Professionals/Students) with Sheree Johnson • Oct. 2-3, 10 a.m.-5 p.m. •** This workshop is for therapists and therapists-in-training interested in the basic principles, techniques, and approaches to Gestalt Therapy. 25 contact hours. $250. Call 929-0367; www.gestalt-annarbor.org.

**Introduction to Gestalt with Sheree Johnson • Sept. 11, 10 a.m.-1 p.m. •** A free workshop for interested professionals and students to explore the concepts of Gestalt Therapy. This forum will provide you with an opportunity to ask questions and participate in impromptu Gestalt experiments. Free. Call 929-0367; www.gestalt-annarbor.org.

**Gestalt Women's Group with Sheree Johnson • Six Tuesdays beginning Sept. 14, 6:30-8:30 p.m. •** This group is an opportunity for women who are on a spiritual or personal journey of development to enhance their progress by learning and practicing the fundamental Gestalt techniques of awareness and the power of "now." $25 per session. Call 929-0367; www.gestalt-annarbor.org.

**Gestalt Couples Weekend with Sheree Johnson • Sept. 18-19 •** This therapeutic workshop experience will provide couples the opportunity to both learn and experience the fundamental principles and techniques that guide Gestalt theory and practice, to enhance observation and awareness skills, and practice giving and receiving feedback within the safety of a closed group setting. $150 per couple. Call 929-0367; www.gestalt-annarbor.org.

## Voice

**Grieving Losses with Music and Voice with Kathleen Moore • 12 Mondays starting Sept. 20, 6-7:30 p.m. •** Using music listening, imagery, chant, writing, percussion, voice, and song, we will focus on losses needing to be further grieved. A safe, supportive environment will be created as people listen and share deeply, and with compassion. All or no music background required, music therapy serves all who wish to use it in their healing. $45 per session. Call 668-8146; moorevoice@earthlink.net.

**Women's Circle of Sound with Kathleen Moore • Ongoing Bi-monthly Thursdays, 12:45-2 p.m.•** Since 2001, this small group for women has come together to share paths of healing and living. From a diversity of recovery stories, common and uncommon ground is found, through music, voice, discussion, journaling, and reading. Fall openings are available, but space is limited. $35 per session. Call 668-8146; moorevoice@earthlink.net.

**Holistic Vocal Training with Jesse Richards • Six Mondays starting Sept. 13, 7-8:30 p.m. •** Holistic Vocal Training enables you to sing your best while developing greater self awareness, technical expertise, creativity, and confidence. All vocal styles and levels welcome! This class is also beneficial for song writers, public speakers, and those engaged in personal healing process. $120. Call 995-2972; jessing@home.msen.com.

## Women's Health

**Learning about Menopause: Lifestyle Strategies to Ease the Transition through St. Joseph Mercy Hospital • Nov. 22, 6-9 p.m. •** For women in the late 30s through the 40s, making lifestyle adjustments now can reap numerous benefits later, including easing some symptoms associated with menopause. $20. Call Lynne Ruxton at the Women's Health Center at 712-3625; 800-803-7174.

## Womenspirit

**SpiritSisters Women's Circle • Third Tuesday of each month, 7-9 p.m. •** Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics, and healing. Feel free to bring any divining tools like tarot, runes, etc., to share. A short silent or guided meditation will be part of this gathering. $2. Call Lorna at 734-428-8748; starlab6@aol.com.

**Night Path by Skull Light: The Old Woman in Fairytales with Kathie Carlson • Sept. 16, 7-9 p.m. in Crazy Wisdom's Community Room •** The Old Woman is one among many archetypal faces of old age, visiting both men and women in their dreams and inner/outer lives. Using fairytales and folklore as our focus, we will journey to the Old Woman and see what she has to teach us that can deepen the meaning of our own journeys into our "golden years." $20. Call 517-339-2518.

## Work & Right Livelihood

**Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 2, 10-11:30 a.m.; Part 2: Sept. 9, 10-11:30 a.m. •** Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733.

**Building a Business the Zen Way with Parang Geri Larkin of Still Point • Oct. 16, 10 a.m.-3 p.m. •** Seminar covers basic concepts and principles related to building a business of integrity. Special focus: the business plan and marketing. Each participant will receive a copy of Larkin's book, *Building a Business the Buddhist Way*. $45. Call 313-831-1005; stillpointabbey@sbcglobal.net.

**Shaping a Life: Designing a Career the Buddhist Way with Parang Geri Larkin of Still Point • Sept. 11, 1-4 p.m. •** This seminar will help participants to frame and plan a career that matches their values and who they are – on the inside. $30. Call 313-831-1005; stillpointabbey@sbcglobal.net.

## Yoga

**Partner Yoga Workshop with Rafael Abrams and Shayne Maxwell of Yoga Shala • Oct. 9, 5-6 p.m. •** This will be a special workshop for partners. Bring your special someone to explore postures in an intimate, trust-building class environment. $50 or $30 if prepaid. Call 222-YOGA (9642); info@yogashala.net.

**Yoga Day in the Diag with Rafael Abrams and Shayne Maxwell of Yoga Shala • Sept. 11, 1–6 p.m. •** This will be a special event. Demonstration of Ashtanga Yoga 1-2:30 p.m., Ashtanga class 3-4:30 p.m., and potluck 5-6 p.m. If it rains, we will have the event in the studio. Donations accepted. Call 222-YOGA (9642); info@yogashala.net.

**Kids Yoga Class and Halloween Yoga Costume Party with Rafael Abrams and Shayne Maxwell of Yoga Shala • Seven Saturdays, Sept. 18-Oct. 30; 1-2 p.m. •** This class is intended for 3-7 year olds. Children will learn yoga postures in a playful, non-competitive environment. We will use games, props, and stories to learn yoga creatively. $60. Call 222-YOGA (9642); info@yogashala.net.

**Introduction to Ashtanga Yoga with Rafael Abrams and Shayne Maxwell of Yoga Shala • First and third Fridays of every month, 7:30-8:30 p.m. •** This class is for all beginners as well as any student who would like some more explanation of the yoga. You will learn what Ashtanga yoga means, as well as all the different aspects of the practice. You will learn more about the breathing and energy locks. This class will be mostly lecture, although some postures will be practiced. For cost, call 222-YOGA (9642); info@yogashala.net.

**Vinyasa with Shayne Maxwell of Yoga Shala • Tuesdays and Thursdays, 5:30-7 p.m. •** This class is derived from the Ashtanga Yoga practice and makes use of many of the same principles. This class does not stick to the traditional sequence of Ashtanga postures. Instead, students will practice variations and other postures not in the Primary Series. All levels welcome. For cost, call 222-YOGA (9642); info@yogashala.net.

**Ashtanga Level 1 with Rafael Abrams of Yoga Shala • Mondays-Thursdays, 7:30-8:30 p.m. •** This class is suitable for all levels. It is recommended that you attend one Introduction to Ashtanga class, though this is not required. Students will go through Sun Salutations, the standing postures, a couple of seated postures, and about half of the finishing postures. For cost, call 222-YOGA (9642); info@yogashala.net.

**Ashtanga Level 2 with Shayne Maxwell of Yoga Shala • Sundays, 12:30-2 p.m. •** This class is suitable for students already familiar with Ashtanga Yoga. If you have been attending other yoga classes, are otherwise fit or just want to try something challenging, then you may also attend. This is a quicker paced class, though modifications will be given to students who need them. For cost, call 222-YOGA (9642); info@yogashala.net.

**Ashtanga Level 2 with Rafael Abrams of Yoga Shala • Mondays, Wednesdays, Fridays; 5:30-7 p.m. •** See above description. Call 222-YOGA (9642); info@yogashala.net.

**Mysore with Rafael Abrams of Yoga Shala • Mondays-Fridays, 6-8 a.m.; Saturdays, 8-10 a.m. •** Mysore is named after the city in India where Sri K. Pattabhi Jois lives and teaches. It is so named because of the style of teaching, which is very different from most classes in the West. In this class, the student can arrive at any time throughout the two hours. One may also leave as early as they'd like. During the class, the teacher walks around from student to student, giving instruction and adjustment. All levels welcome and no prior knowledge is necessary. This class is like a private lesson in a group setting. This style of learning will help the student develop a personal practice, so it may be practiced anytime, anywhere. No classes on new moons and full moons. For cost, call 222-YOGA (9642); info@yogashala.net.

**Mysore with Shayne Maxwell of Yoga Shala • Sundays-Fridays, 10 a.m.-Noon •** See above description. No classes on new moons and full moons. Call 222-YOGA (9642); info@yogashala.net.

**Yoga and Meditation Day with Ema Stefanova • Nov. 14, 9:30 a.m.-5 p.m. •** Relax and recharge with yoga and meditation. Macrobiotic lunch provided. Come for all or part of the day. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

**Yoga for Adults with Ema Stefanova • Classes begin Sept. 5: Sundays 5-6:30 p.m., Mondays: 6:30-7:45 p.m., Wednesdays 9:15-10:15 a.m., 10:30-11:30 a.m. or 6-7:30 p.m. •** Classical Satyananda Yoga will peacefully energize you and help you establish a solid home practice. Postures, breathing, relaxation, and meditation for a healthy body, emotional stability, and heightened mental awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

**Yoga for Kids and their Parents/Grandparents with Ema Stefanova • Tuesdays, 2-3 p.m. •** For kids ages 4-6 and their families! Fun and learning experience for the whole family. Postures, breathing, meditation, and dynamic kids' type traditional yoga and relaxation. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

**Yoga for Kids Ages 7-9 with Ema Stefanova • Mondays, 4-5 p.m. •** Just for kids! These age-appropriate postures, breathing, and meditation techniques have been traditionally taught to children to develop coordination, concentration, and focused awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

**Yoga and Meditation for Teens with Ema Stefanova • Sundays, 6:30-7:30 p.m.; Mondays, 5:15-6:15 p.m.; Tuesdays, 4:45-5:45 p.m. •** The teen years of exploration and development are deeply honored in yogic tradition and are supported by their own unique system of yoga, meditation, breathing, and relaxation. Very popular class, so register early! For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

**JOGA: Yoga and Kabbalah Retreat with Jonny Kest, Rabbi Paul Yedwab, and Guest Presenters • Oct. 8-10 in Ontario •** Refresh your mind, body, and spirit during this transformational weekend at a beautiful lakeside resort, including yoga, Kabbalah, singing, storytelling, and more. $399 per person includes double occupancy accommodations, vegetarian meals, and all classes. Call 248-646-7054; www.centerforyoga.net.

**The Art of Tantra Midwest Yoga Mini Conference with Rod Stryker, Mark Whitwell, and Kathy McNames • Oct. 29-31 •** Experiential weekend of dynamic yoga workshops with nationally renowned yoga teachers. Students of all levels welcome. This is a unique opportunity to learn with these accomplished teachers while they are in the Detroit area! $219-$259 includes workshops and vegetarian lunches. Call 248-646-7054; www.centerforyoga.net.

**Anatomy for Yoga with Paul Grilley • Sept. 24-26 •** Experiential class focusing on understanding the skeletal structure of the body to explore a deeper awareness of your body and its alignment, and a deeper experience of your yoga practice. Valuable class for yoga teachers and students of all levels. For cost, call 248-646-7054; www.centerforyoga.net.

**Jonny Kest's Hatha Yoga Teacher Training Program with Jonny Kest • 12-weeks beginning Sept. 22, 6:30-10 p.m. •** Comprehensive 12-week yoga teacher training program consisting of two 6-week modules: Ashtanga Yoga and Healthy Backs Yoga. The program is a 200-hour curriculum, registered by the Yoga Alliance. $2,500 or $1,500 per module. Tuition includes a silent meditation weekend at a Michigan retreat center. Call 248-646-7054; www.centerforyoga.net.

**Kundalini Yoga with Gurudarshan S. Khalsa • Mondays, 7:30 p.m. •** Physical exercises, breathing, and mantras to balance the body and mind, and to awaken the soul. $10 suggested donation. Call 248-541-4834; coachkhalsa@yahoo.com.

**Yoga Classes at Zen Buddhist Temple • Tuesday evenings beginning Sept. 14 and Oct. 26. Yoga I (for beginners): 6-7:15; Yoga II: 7:30-9 •** Beginning and experienced students in the classes learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill quickly, so register early. $50 for six session. Call 761-6520; a2buddha@provide.net.

**Mindfulness Yoga Workshop with Rev. Pobsa Frank Jude Boccio at Zen Buddhist Temple • Oct. 2, 1-5 p.m. •** How do we experience a deep ease when our bodies are often filled with tension, pain or self-deprecation? In this retreat, we will take up the movements and postures of yoga asana, using the Buddha's teaching on the Four Establishments of Mindfulness (body, feelings, mind, and objects of mind) as our guide. When we mindfully engage our bodies, we come home to the present moment and begin to liberate ourselves from habitual conditioning. Appropriate for all levels, we will practice asanas designed to open stiff hips, strengthen sore backs, and relax tense shoulders and necks. This is also a wonderful opportunity to practice yoga as a bridge from the meditation cushion to daily life. $75. Call 761-6520; a2buddha@provide.net.

**(Yoga continued on next page)**

# Teachers, Lecturers, Workshop Leaders and the Centers

**Aaron** "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

**Rafael Abrams** is a Hatha and Ashtanga Yoga practitioner, and studied with Guruji and Sharath at the Ashtanga Yoga Research Institute in Mysore, India.

**Laurie Akerros, BA, MA, LMT,** is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 25 years of training and experience in alternative healing modalities, including cranial-sacral therapy, esoteric healing, massage, and vibrational essence therapies.

**Tanis Allen, MSW, ACSW,** is a psychotherapist in private practice trained in the Internal Family Systems model of psychotherapy, and specializes in grief/loss issues, eating disorders, and depression/anxiety.

**Layla Ananda (Sheila Ritter)** is the creator SpiritSong and has over 20 years experience leading workshops, ceremonies, and rituals. She is also a musician and psychotherapist with an MA in Clinical and Humanistic Psychology.

**Ann Arbor Art Center**, established in 1909, offers hands-on art education and art appreciation programs, as well as monthly exhibits.

**Dana Aras, RScP,** is a spiritual psychologist, and a Science of Mind Practitioner and Counselor, certified by the United Church of Religious Science.

**Arts in Motion Dance Studio** offers its adult and child students a progressive program in Modern, Ballet, and Jazz with supplemental classes in Tap, Musical Theatre Dance, Ballroom, and Pilates.

**Astrology Study Group of Washtenaw County** is a consortium of serious astrology students and professionals who have been meeting since 1994. They use their association in order to present astrology in a positive and professional manner, network, sponsor lectures and workshops and to learn from one another.

**Leland Austin, MA,** is a Certified Advanced Rolfer and has practiced Rolfing in San Francisco and Ann Arbor for 19 years. He has studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for six years.

**Barbara Badolati**, founder of Alive & Well, has designed and facilitated holistic health workshops throughout the U.S. and Canada for over 20 years.

**Marcia Bailey, MA, PhD,** has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 25 years.

**Beth Barbeau** has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula, and homebirth midwife.

**Deanne Bednar** is an educator, artist, and coordinator of the Strawbale Studio Natural Building Project – a thatched roof, sculptural structure in Oakland County. She illustrated *The Natural Plaster Book* and *The Hand-Sculpted House*.

**Scott Berry** is a third degree black belt in Tae Kwon Do whose ten years experience includes study under Grand Master B.C. Yu.

**Jill Blixt** is a creativity and life transition coach, motivational speaker and working writer/artist. She presents coaching, personal development workshops and creativity training sessions to individuals, businesses and non-profit and educational communities. She has studied with Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris, among others.

**Kathy Bloch** was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

**Rev. Pobsa Frank Jude Boccio** is an interfaith minister and author of *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind.*

**John Bodary, RPP,** has practiced and taught Polarity Therapy for 30 years. He established Polarity Center in 1987.

**Laurie Boddie, M.Div.,** is an interfaith minister exploring the use of labyrinths in ritual for over six years.

**Eileen Bond, MSW,** utilizes hypnosis in her psychotherapy and behavioral medicine practice. She specializes in anxiety, stress reduction, depression, and spiritual growth.

**Dr's. Robert and Sherri Borer** are members of Doctors Speakers Bureau, a nonprofit organization dedicated to educating the public about natural healthcare options. They currently have a family chiropractic practice in downtown Saline.

**Michael Bratcher, NCTMB,** combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy, and Chinese Energetic Medicine.

**Margaret Brennan, IHM,** is a theologian, author, and scripture scholar, and has taught at seminaries and universities in the U.S. and Canada.

**Patty Brennan** has 20 years experience working as midwife, doula and childbirth educator. She is Executive Director of Center for the Childbearing Year and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns & Alternatives Sourcepack.*

**Barbara Brodsky** is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

**Lorna Brown** is a Melchizedek priest, spiritual coach, healer, and ceremonialist. She has presented seminars and workshops in relaxation, meditation, metaphysics, and the spiritual journey since 1972.

**Cassie Cammann** has a Masters in Social Work and has offered therapy, classes, and groups for 18 years. She currently works as a Registered Polarity Therapist and Biodynamic Cranio-Sacral Therapist.

**Anne Carbone, RN, BSN, CHP,** is a Reiki Master, Temple Academies energyworker, and structural bodywork practitioner promoting mind-body-spirit integration for more than 15 years.

**Kathie Carlson, MA, CSW,** has been a psychotherapist in private practice for 29 years, currently in Okemos, and studied extensively at the C.G. Jung Institute in New York. She is author of *In Her Image* and *Life's Daughter/Death's Bride*.

**Joan Chicoine, IHM,** is a Jungian psychotherapist exploring the creative process through symbols and mythology.

**Center for the Childbearing Year** is a non-profit educational and charitable agency founded by Patty Brennan.

**Gurudev Shree Chitrabanuji** is a Jain master who brings to the West the 5,000 year old teachings of Ahimsa (non-violence), reverence for life, and relativity of thinking.

**Rev. Bettiann Clark** is an Intuitive Healing Facilitator, Interfaith Minister, and Doctor of Naturopathy who has lead spiritual counseling and transformational groups since 1987. She lives in an intentional spiritual community in the foothills of the Ozark Mountains in Oklahoma.

**Judith Coates** lives in Tacoma, WA, where she channels Jeshua.

**Cynthia Conklin** is a graduate of the Ohashiatsu Institute, and a practicing shiatsu therapist at Eastern Sun Shiatsu in Ann Arbor.

**Evelyn Craig, IHM,** serves as IHM Membership Coordinator, and is an experienced campus minister and spiritual director.

**Judy Crookes** is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends, and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

**The Crystal Guy** is a collaboration with Gene and Barbara Jackson, whose mission is to share the power and love of the mineral kingdom.

**Stewart Cubley** is an artist and presenter, the cofounder of The Painting Experience, and the author of *Life, Paint and Passion.*

**Dance Gallery Studio**, home of Peter Sparling Dance Company, is Ann Arbor's only non-profit dance studio, and offers classes for youth and adults in modern, ballet, jazz, pilates, and tae kwon do.

**Christy DeBurton** is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

# The Crazy Wisdom Calendar (continued)

## Yoga (continued)

**Yoga Classes through Inward Bound at Friends Meetinghouse • New Session begins Sept. 9 •** Inward Bound offers four levels of Hatha Yoga instructional classes. Special classes include Morning Yoga, Yoga for Kids, Prenatal Yoga, and Postnatal Yoga. Drop-in classes include Ashtanga Yoga, Deep Stretch, Yoga Mix, Wake-Up Yoga, Postures to Sacred Music, and Posture Tune-up. For complete brochure, call 327-4963; info@ibyoga.com.

**Iyengar Yoga Classes with Karen Ufer and other Yoga Focus Teachers • Ongoing day, evening, and weekend times beginning Sept. 13 •** This system of yoga stretches and strengthens the body, mind, and spirit. Yoga enhances health while developing both alterness and peace. $12 per class or $15 drop-in. Call 668-7730; klufer@aol.com.

**Yoga Classes with Christy DeBurton at The Yoga Room • Ongoing sessions •** Vinyasa, Ashtanga, Hatha, and Kundalini yoga classes offered mornings, evenings, and weekends. Small class sizes allow for individual attention and manual adjustments. Stay for tea after class! For times, dates, and cost, call 761-8409; info@christydeburton.com.

**Iyengar Yoga Classes with Sue Salaniuk, Sally Rutzky, and Nancy Udow of The Yoga Space • Various day, evening, and Saturday classes beginning Sept. 8 •** Beginning level for students new to Iyengar yoga. Intermediate and continuing level for experienced students. Ageless yoga for a slower class. $143 for beginning and intermediate. $190 for continuing. Call 622-9600; www.yogaspace.info.

**Yogamoves with Gail Rucker of Yoga Moves at Ommoves Studio • Beginning Sept. 14: Tuesdays, 6-7:15 p.m.; Thursdays, 11a.m.-12:15 p.m.; Saturdays, 10-11:15 a.m. •** Experience the basics of alignment, attitude, and action, yoga philosophy, classical postures, and creative poses. Discover yoga from the inside, supported by Anusara-style alignment principles. All levels welcome. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes from September through December. Call 994-3777; mymoves@aol.com.

**Free Yoga Class with Lynlee Sky at Yoga Practice Center • Sept. 9, 7-8 p.m. •** Try a yoga class this fall, open to beginners. Arrive early to assure a spot! Free. Call 668-8660; www.yogapracticecenter.com.

**Babaji's Kriya Yoga Level One Initiation with Ananda • Oct. 22-24 •** This initiation is into Babaji's Kriya Yoga. You will learn 18 postures, seven techniques of meditation, and six phases of a breathing technique called Kriya Kundalini Pranayama. $250. Call 929-0367; www.gestalt-annarbor.org.

**Beginning Iyengar Yoga Class with David Rosenberg through Ann Arbor Community Rec and Ed • Saturdays, Sept. 18-Dec. 4; 11:15 a.m.-12:45 p.m. •** Promote strength, flexibility, and balance using beginning yoga techniques. The Iyengar method of yoga is one of precision, grace, and technically correct presentation of the yoga asana. The use of prop aids the beginning yoga student to accomplish yoga postures in a safe and confident manner. $120 or $100 for residents of Ann Arbor school district. Call David at 662-6282; massage4@aol.com. Or call Sheri Judkins at 994-2300, ext. 233.

**Deep Spring Center for Meditation and Spiritual Inquiry** is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Its senior teachers include Ann Barden, Cassie Cammann, Dave Coupland, Larissa Czuchnowsky, Susan Klimist, David Lawson, Frank Levey, and Susan Weir.

**Kenn Deigh** has studied indigenous forms of shamanic practice, Shiatsu, movement technique, and Jin Shin Do, and is a Certified Structural Therapist.

**Misti Anslin Delaney** has been a practicing witch for 30 years. She is primarily a hearth witch, but also has Traditional Wiccan training with the Black Forest Clan and the RavenMyst Circle of North American Wicca. She now leads a small, non-Traditional teaching coven locally.

**Norma Delaney** is a Doctor of Divinity and licensed Healer.

**John W. Deluca, Ph.D.,** has been a Buddhist for over 30 years and a continuing student of Gehlek Rimpoche of Jewel Heart. He holds a Ph.D. in clinical/neuropsychology and is a graduate and former faculty of Elizabeth Stratton's Touching Spirit Training Programs.

**Eileen Dickinson** has been a Physical Therapist for 25 years and Certified Trager Practitioner for five years.

**Divorce Reality** seminars are designed for individuals in all stages of the divorce process. Programs are sponsored in part by divorcePeers.com, a free-access community service website dedicated to Southeast Michigan.

**Jacqueline Doneghy, MA, MSW,** is a psychotherapist with over 12 years experience, with a specialty in dual diagnosis – chemical dependency/mental health. Her private practice is named The Ann Arbor Center for Groups.

**Jeffrey Duvall** is an internationally recognized leader of men and author of *Men, Meaning and Prayer*.

**Ryan Edwards** and Jeremiah Davis have studied music in the institutions of the West, and in the villages of Africa. Their positive, effective teaching style has led many to a more unified relationship with the drum. Ryan is leader and director of Like Water Drum and Dance.

**Essential Energies Center for Wholistic Living** is located in Jackson, and offers a wide range of holistic services, products, and education.

**Diane Evans** has specialized in the areas of interpersonal and intrapersonal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

**Linda Diane Feldt, RPP, NCTMB, NC,** is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director, and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for five years at The People's Food Coop. She is the author of **Spinach & Beyond, Massage: Learning to Give and to Receive** and **Dying Again: Thirteen Years of Writing and Waiting**.

**Bon Rose Fine** has been an avid student of astrology for over a decade, and started her practice as a professional six years ago. She is the coordinator for the Astrology Study Group of Washtenaw County, which she founded in 1994.

**Lori Fithian** has been drumming as long as she can remember and facilitates community drum circles and workshops in schools, libraries, workplaces, etc., creating "drummunity" wherever she goes.

**Mary Ann Flanagan, IHM,** is Director of the Office of Church Ministries of the diocese of Saginaw, and former Director of the Institute of Pastoral and Educational Ministry at Assumption College in Windsor.

**Marcella Fox** is an intuit with extensive training in shamanism in Peru, the U.S., and Canada.

**John Fredericks** has practiced channeling, automatic writing, and various forms of divination and prognostication since 1985.

**John Friedlander** is an internationally acclaimed psychic, author, and teacher with degrees from Duke University and Harvard Law School. He co-authored *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance*, named one of "Ten Best Psychic Books of the Year" in 1999 by Amazon.com.

**Melanie Fuscaldo, LPS, NCC,** is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind, and spirit.

**Sally Gabany**, a spiritual director with many years of experience facilitating retreats and workshops, including the labyrinth, has been involved in drumming for several years.

**Dawn Gaden** is a licensed professional counselor, and certified in complementary medicine and wellness. She has been in private practice for three years.

**Bronwen Gates** is a shaman, wise woman healer, teacher, and ceremonialist, gifted in the ways of nature and the wild ones. She has a Ph.D. in Botany and teaches classes and apprenticeships exploring the mystery and magic of nature and the human experience, and the essence of health and healing.

**Gateways Center for Life Enrichment** is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

**Gehlek Rimpoche,** founder of Jewel Heart and author of *Good Life, Good Death* as well as *The Tara Box*, is a member of the last generation of lamas to be born and fully educated in Tibet. He is particularly distinguished for his understanding of contemporary society and skill as a teacher of Buddhism in the West.

**Pat Geisler** has over 35 years experience as a professional teaching Astrologer, and currently practices in Ohio.

**Nanci Rose Gerler** is a professional intuitive counselor, using her abilities as a psychic, medium, channel, and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

**Ray O. Golden, MSE,** is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

**Great Lakes Center for Healing Touch** is a non-profit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

**The Great Lakes Pathwork** is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

**Cecile Green** has a BA in plant sciences, has run her own organic farm, and currently owns Landscaping for the Heart and Soul, and Heart and Soul Natural Building with her husband, Daniel Little.

**Linda Greene** is a Registered Polarity Practitioner and has been a Polarity Therapist since 1998. She has 30 years experience as a modern dancer and is a NIA white belt.

**Alice Greminger** is certified by the Alexander Foundation of Philadelphia and has been teaching since 1985.

**Misha Grey** is an eclectic mystic in the chaos tradition with over 15 years experience in the occult. He was initiated by a Native American shaman in 1990 and achieved adepthood in an international magickal order in 1996.

**Paul Grilley** is a practitioner of Taoist Yoga and yoga teacher since 1980. He is also an author and presenter with a special interest in teaching Anatomy.

**Mark Handler, MA,** is retired as associate director of Midland-Gladwin Community Mental Health.

**The Harmony of Energy Center**, founded by Wasentha Young, is a newly formed center that offers experienced grassroots and professional practitioners a positive environment to network and learn from each other, while empowering the Ann Arbor community with safe, self-care, complementary health practices.

**Donna Hart, IHM,** is a certified Myers-Briggs consultant and spiritual director, and has worked with church groups and religious leaders across Michigan.

**Harriette Hartigan** has been photographing pregnancy, childbirth, breastfeeding, and aging into life experiences since 1975. Her work is published internationally and currently works from her studio, InSight Photography, in Ann Arbor.

**Elizabeth Hazel** is an astrologer and tarotist living in Toledo, OH. She has written extensively on techniques for combining stars and cards, and enjoys researching and writing about other occult topics.

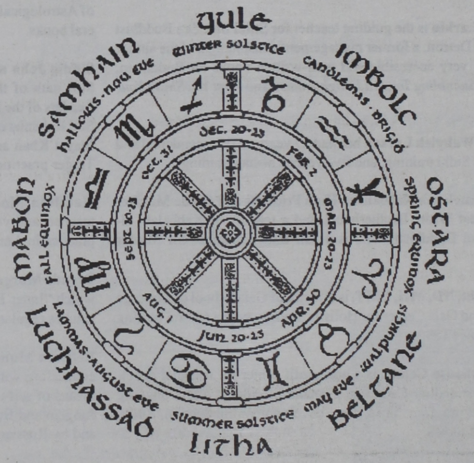
**Marie Gabriel Hungerman, IHM,** is director of SSIHM Library/Resource Center, philosopher, and teacher.

**Sandra Ingerman, MA,** is a world-renowned shamanic practitioner, teacher, and author, and is a licensed family and marriage counselor in New Mexico. Her books include *Soul Retrieval* and *Medicine for the Earth*.

**Inward Bound Yoga** consists of Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman and Dennis Vogt. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

**Thomas Garrett Isham** is a writer, lecturer, and workshop presenter. He is author of *Dimensions of the Enneagram* and *Geography of the Soul*.

**Jewel Heart Tibetan Buddhist Center of Ann Arbor** offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner and include meditation and discussion.



**Celebrate the Wheel of the Year at Crazy Wisdom's Open Circles**

**Round and round the wheel turns, the seasons change, life, death and rebirth, the wheel makes its inevitable circle.**

**The Solstices, Equinoxes, and mid-points between, also known as the Cross Quarters, have been celebrated by a variety of Nature peoples around the world and across the ages.**
**Find more information about these Open Circles under "Ceremonies, Celebrations, Festivals & Rituals" in *The Crazy Wisdom Community Journal.***

**Crazy Wisdom Bookstore and Tea Room**
**734.665.2757 • information@crazywisdom.net • www.crazywisdom.net**

# Teachers, Lecturers, Workshop Leaders and the Centers

**Sheree Johnson** is a licensed holistic psychotherapist specializing in the Gestalt Approach to Couples Therapy, and has over 22 years experience in the counseling field.

**Diane Byrne Jones and Robert Steinbach** are certified Conscious Relationship and Body-Mind Vibrance Coaches.

**Joan Kauffman, MSW,** has worked with individuals to increase their coping skills and personal resources for over 20 years.

**Mike Kelly** is a Fool – a Holy Fool in a land of endless Folly. He has a degree in Communication/Theatre and Psychology.

**Karen Kerns, RPP,** has been a massage/polarity practitioner for 20 years, and currently practices in South Lyon and Ann Arbor at Polarity Center.

**Jonny Kest** is founder of Jonny Kest Center for Yoga studios in West Bloomfield and Birmingham. He has studied Ashtanga Yoga and meditation for over 25 years.

**Gurudarshan S. Khalsa, MD,** has been a holistic family physician for 23 years, a yoga teacher for 32 years, and a leader in the Men's Movement for 16 years.

**Shala Kilmer** has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

**Carole Kirby, ACSW,** specializes in couples and group counseling. She has 26 years experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist, based on the work of Dr. Harville Hendrix.

**Cindy Klement** is an Herbalist, Iridologist, and Nutritional Consultant certified and in professional practice since 1984. Her practice is in The Parkway Center.

**Laurie Krauth, MA,** is a psychotherapist specializing in cognitive-behavioral approach to anxiety, Obsessive Compulsive Disorder and depression. She also sees couples and uses Eye Movement Desensitization Reprocessing for unresolved traumas.

**Dr. Geri Larkin** is the guiding teacher for Still Point Zen Buddhist Temple in Detroit, a former management consultant, and the author of several very accessible and well-written books on Buddhism, including *Stumbling Toward Enlightenment* and *First You Shave Your Head*.

**Lori Gee Wahyieh Larson** has had 27 years of Transcendental and Advanced Sidhi training, and five years Kaishan training.

**Susan Lesnek** is a Kabbalistic High Priestess and Guide Member of the Great White Brotherhood, and a teacher of Kabbalah, alchemy, and Buddhism. She is a full trance channel for Master Kuthumi.

**Mary Light, ND, MH, LMT,** is director of Gaia School of Massage Therapy and Gaia Center for Holistic Studies, with a natural healing practice since 1992.

**The Lighthouse Center** is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki, and related topics.

**Daniel Little and Cecile Green** have been working to incorporate the sacred into their relationship for 14 years, helped by their spiritual teachers Michael Silverman and Brenda Morgan. Daniel holds a BA in Transpersonal Psychology, and is a builder, landscaper, and founder of Heart and Soul Natural Building.

**Michele Loewe** is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

**Etta MacDonagh-Dumler** has completed a two-year intensive training on Sacred Contracts at the Caroline Myss Education Institute in Chicago. A native of Ireland, she currently lives in Ann Arbor.

**Richard Mann** is Professor Emeritus of Psychology at U of M.

**Valerie Mann** is a Saline-based artist with a university degree in Fine Art. She works independently and is involved in displaying her art in exhibitions throughout Michigan.

**Linda Marinovich** is a trainer for Professional Breath and Movement at the Hendricks Institute.

**Gloria Marshall** holds a B.A. in English and Sociology and has a strong interest in Native American spirituality and shamanism. She is also trained in Reiki, intuition, and animal communication.

**Alana Martin** is a Temple Academies TripleHelix Energy System teacher and Reiki Master offering energy initiations that foster spiritual and personal growth.

**Shayne Maxwell** began studying yoga in 1990, and is trained as a teacher in Ashtanga Vinyasa Yoga. Her teachers include Sri K. Pattabhi Jois and Manju Pattabhi Jois.

**Kathleen McAlpin, RSM,** directs the Integration for Ministry and the Spiritual Direction programs at Regis College at the ecumenical Toronto School of Theology.

**Jim McDonald** has been studying the art of herbcraft for over ten years, and offers a knowledge of herbalism that blends western folk and indigenous views of healing with 19th century western approaches.

**Maureen McDonnell** has a Masters of Divinity and assists in the Spiritual Direction program at Regis College, where she serves as supervisor for individuals and facilitator of peer supervision groups.

**Ruth McDonnell, IHM,** has extensive experience in religious studies, faith formation, and curriculum development. She has an MA in religious studies from Loyola University in Chicago.

**Molly McMullen and Quentin McMullen** are the founding physicians of Rudolf Steiner Health Center, and are both trained in Internal Medicine in the U.S. and in Anthroposophical Medicine in Europe.

**Lynn Meadows** is a certified Feng Shui consultant. She combines her background as a business manager and teacher of fashion and interior design to offer an approach to Feng Shui that integrates western culture.

**Kate Mehuron, Ph.D.,** is certified in philosophical counseling by the American Philosophical Practitioners Association and practices currently at Depot Town Counseling Center in Ypsilanti.

**Stefanie Meisel** is an experienced weaver who has been featured in *Handwoven* magazine.

**Raymond A. Merriman** is the President of The Merriman Market Analysis, Inc., has served as President of the International Society of Astrological Research from 1994-2000, and is the author of several books.

**Siddiq John and Sylvia Majida Middlebrooks** have studied the Sufi path of the heart for the past 20 years. Both are Certified Leaders of the Dances of Universal Peace. Siddiq is a teacher in the Sufi Ruhaniat esoteric school in the lineage of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel L. Lewis. Sylvia is a certified Trager practitioner in Ann Arbor.

**Kathleen Moore** is a Board Certified Music Therapist, voice teacher, and vocalist/musician. She has worked from her private practice in Ann Arbor for 20 years.

**Brenda Morgan** has been blessed with a spiritual transformation in which "Inner Enlightenment/No Mind Within" has occurred. She teaches regularly to share her wisdom.

**Rebecca Mullen, MSW,** has had a long and successful career in counseling with a particular interest in dream interpretation as a means of self-understanding. She has been influenced by Gestalt, Jungian and Buddhist psychology, by the work of Stanislov Grof, and by Russian fairytales.

**Rev. Dr. Janet Nagy** is a healer, ceremonialist, and elder.

**New Moon Midwifery** is an active homebirth midwifery practice serving the Ann Arbor community.

**Jeff Noftz** has been studying martial arts for 35 years, and has been teaching for ten years. He is also an expert in biomechanics.

**Mariah Pixi Nyies** is educated in business and art with interests in astrology, sacred geometry, and shamanism. She is also a member of the Sisters of the Emerald Fire and is a Flower of Life graduate.

**Heather O'Neal** is tour operator of Of Global Interest LLC Adventure Travel. She organizes and leads customized small group tours trekking and exploring in the Himalayan Kingdom of Nepal.

**Helen Oprysek, IHM,** has her MEd from Marygrove College, Detroit. Her teaching career spanned over 40 years and is a published poet.

**John Orr** of Deep Spring Center is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979, and lives in North Carolina.

**Sifu Genie Parker** is a disciple of Sifu Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for over 16 years.

**The Pathwork** is a spiritual path of self-purification and self-transformation on all levels of consciousness. The teachings emphasize honest self-examination to remove and overcome inner obstacles that keep one from living fully in God-self.

**Jan Pemberton, RPP, RCST,** is a certified Biodynamic Cranial teacher through CSTA/NA, a Registered Polarity Practitioner, and has been teaching for the last four years.

**Performance Network** is a local, not-for-profit professional theatre offering plays year-round.

**Janina Renee** holds a BA in Anthropology, and is a scholar of material culture, folklore, mythology, ancient religion, psychology, literature, and history. She is currently a graduate student.

**Jesse Richards** has taught voice privately for 20 years. She has toured nationally, is a member of the National Association of Teachers of Singing, released nine albums, and has sung on television and in film.

**Katherine Rogers, MFA,** is a Guild Certified Feldenkrais Practitioner with 20 years experience teaching art at the college level. She first became involved with the Method as a way of managing chronic pain.

**Norm Roller and Heather O'Neal** have been helping the general public play the Kerrytown chime for over three years.

**David Rosenberg** has been teaching yoga since 1993 and is a certified Iyengar yoga teacher. He has also practiced massage since 1989.

**Anita Rubin-Meiller and Dawn McCalla** have been working in the fields of addiction and trauma for over 20 years.

**Gail Rucker** has taught yoga and movement for 35 years and incorporates the principles of Anusara alignment and the artistry of expressive movement. She is also a practitioner of Siddha Yoga Meditation.

**Merilynne Rush and Mickey Sperlich** of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

**Renee Rutz, RPP,** is currently established in Ann Arbor as a Polarity, Massage, and Craniosacral practitioner, and teaches at Polarity Center.

**Sacred Song** is a local, multi-ethnic choral groups that sings both acapella and with accompaniment on guitar, bass, keyboard, and percussion.

**Puck Shadowdrake** is a local Pagan elder and teacher, and has been on the Path for over 20 years studying both the Georgian and StarBorn Traditions.

**Matruka Sherman** is a psychotherapist in private practice and has taught meditation for 28 years.

**Audrey Simon** has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth, and postpartum.

**Caryn Simon** is a practicing birth doula and local organic farmer, and has studied at Esalen in Big Sur, CA.

**Helen Slomovits** has worked with The Artist's Way process since 1995 and has been leading creativity groups since 1999. She is a musician, songwriter, poet, and artist.

**Rod Smith** is a self taught astrologer and co-author of a unique astrology system.

**Suzanne Smith** has a Bachelors in Performance from Oberlin Conservatory and a Masters in Music from the University of New York. She has taught for 25 years and is Director of Cellochan.

**Richard Smoot** has studied and practiced astrology since 1971 and has been a registered Social Worker with the State of Michigan for 31 years. He is a Certified Astrological Professional with the International Society for Astrological Research and has Level IV certification with the National Council for Geocosmic Research.

**Jane Spinner, MSW, MBA,** is a professional and life coach, management consultant, speaker, and facilitator with over twenty years corporate and consulting experience.

**Spirit Connections** coordinates and presents experiential workshops that support a deeper connection to Spirit.

**SpiritSisters Women's Circle** is a group of women who meet each month as a spiritual network dedicated to supporting inner joy, meditation, and personal connection, with an emphasis on spiritual and healing energies.

**Barbara Stanbridge, IHM,** has had extensive training at the Gestalt Institute. She has a Master's Degree in Religious Studies from the University of Detroit as well as a Master's Degree in Human Resource Development.

**Therese Stanton, MA,** is an executive coach and organizational development consultant, trainer, speaker, and educator with over 23 years of corporate and nonprofit consulting experience.

**Starhawk** is a witch, peace activist, ecofeminist, and author of several books, including *Spiral Dance*, *The Pagan Book of Living and Dying*, *The Fifth Sacred Thing*, and *Truth or Dare*.

**Ema Stefanova** has taught yoga and meditation in Europe and the U.S. since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university.

**Judy Stone, aka the Nutrition Magician,** combines her background in psychotherapy and nutrition to motivate and educate. She is the author of *Take Two Apples and Call Me in the Morning*.

**Monica Stuhlreyer, IHM,** is certified in spiritual direction by the Center for Religious Development in Cambridge, MA, and has served as pastoral associate.

**Ven. Samu Sunim** of Zen Buddhist Temple in Ann Arbor was originally trained in the Zen mountain monasteries of Korea, and since 1967 when he arrived in the U.S., he has established temples in Ann Arbor, Toronto, Mexico City, and Chicago.

**Debbie Taylor** has a BS in Psychology, is a Certified Hypnotherapist, and is a psychic/intuitive.

**Julie Telang** was certified in Enneagram at Loyola University and is on staff of the Team for Justice, a nonprofit organization mentoring incarcerated youth and adults.

**Janene Ternes** is founder of Prayer in Motion, LLC, a company teaching prayer through movement.

**Mary Tillinghast** has managed Castle Remedies for over 20 years.

**Gail Tola** has been drumming for 15 years and has facilitated drumming workshops for 7 years in Michigan, Ohio, Wisconsin, and Arizona.

**Karen Ufer** established Yoga Focus in 1994 and has 20 years of teaching experience.

**University Musical Society** is a non-profit arts presenter bringing the best touring music, dance, and theater to Ann Arbor for 126 years, hosting more than 70 performances and 150 educational events annually.

**Visitation Spirituality Center** offers individuals and groups opportunities for prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

**Cam Vozar, MSW,** is a psychotherapist in private practice, and has worked with men and their families for over 20 years. He is a Level II EMDR certified therapist.

**Wendy Warrick** is a Feng Shui Practitioner consulting on homes, offices, and places of spiritual practice. Her interpretation of Feng Shui evolved after 15 years experience working with homes from her interior design background.

**Suzy Wienckowski** is a Reiki Master and Registered Massage Therapist. She has 24 years experience in the healing arts and 17 years teaching at massage schools in Washington D.C. and Ann Arbor. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

**Wild Swan Theater** is Michigan's premier theater for families. This year, they are celebrating their 25th anniversary.

**Eve Wilson** is a natural psychic/intuitive, able to perceive the body's aura and clearly interpret the information it holds. She is a channel, a teacher and public speaker, and spiritual healer, creator, and director of The Healer Development Program.

**Eden Winter** recently settled in Ann Arbor after practicing Reiki and Tai Chi in Detroit, Chicago, Toronto, and New Orleans.

**Julie Wolcott, MA, CSW, LPC,** has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher.

**Lisa Wolf, MA, LLP,** is Pathwork Helper and psychotherapist. She is also a musician and a mother.

**Bija Andrew Wright** is the senior student in Still Point's seminary and a connoisseur of American culture.

**Barbara Thomas Yerace** is a Saline-based artist holding a university degree in Fine Art. She creates independent work and is involved in displaying her artistic creations in exhibitions and galleries throughout Michigan.

**Yoga Focus** teachers are eertified instructors and longtime yoga practitioners.

**Yoga Practice Center** teachers are certified instructors teaching Iyengar yoga.

**Wasentha Young** is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. She is director of the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung and the primary facilitator of the Harmony of Energy Center, and is also a certified Acupressurist.

**Kay Yourist** has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

**Karlta Zarley, RN, CHTP,** has 23 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner and Traumatic Incident Reduction Practitioner. She has been in private practice in Ann Arbor for six years as a professional Patient Advocate, Educator, Healer, and Spiritual Director.

**Rev. Lauren Zinn** has a Ph.D. in Educational Planning and received Ordination from All Faiths Seminary.

**Zen Buddhist Temple in Ann Arbor** offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

## MEETING OF THE HEARTS AND MINDS

## A SOCIAL GATHERING

### SATURDAY, OCTOBER 2ND
### 4 TO 6 PM
### AT CRAZY WISDOM BOOKSTORE

Crazy Wisdom Bookstore and The Harmony of Energy Center are co-sponsoring a "meeting of the hearts and minds" social gathering for complementary health care providers in the Washtenaw County area. Many of you who place ads in *The Crazy Wisdom Community Journal* will have an opportunity to meet each other, share business cards, have inspiring conversations, join The Harmony of Energy networking group, and suggest multimedia and written resources to Crazy Wisdom Bookstore.
Please feel free to invite colleagues.

HARMONY OF ENERGY CENTER
1945 PAULINE BLVD., SUITE B
ANN ARBOR, MI 48103
(734) 741-0695

MEETING OF THE
HEARTS AND MINDS
A SOCIAL
GATHERING
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BY
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114 S. MAIN STREET
ANN ARBOR, MI 48104
(734) 665-2757

## Book Signing and Lecture with Thomas Garrett Isham

## Author of *Dimensions of the Enneagram*

### Saturday, October 2nd
### Book Signing at 1:00 pm • Lecture at 1:30 pm
### at Crazy Wisdom Bookstore

Dimensions of the Enneagram
Triad, Tradition, Transformation
Thomas Garrett Isham

Want to know who you really are? Not the superficial you, not the you who is visible to everyone you meet on the street. No, the "real" you, the deep-down, essential you. The you where vital change can occur to make your life fuller and happier and of greater service to others.
To find the real you, you need a traveler's guide, a map, a key. You need to find a way to unlock the innerself in which the real you is located. The enneagram system of personality types, which combines wisdom both ancient and modern, is a spiritual and psychological body of knowledge that furnishes just such a key.
*Dimensions of the Enneagram: Triad, Tradition, Transformation*, explores the nine-type system of the enneagram - the ideal personality typing system for serious seekers of the "real" you - within the context of Christian belief and other sources of traditional knowledge. It explores not only the nine types of personality but spirit, soul and body; esoterist theory, personal transformation and the scriptural underpinnings of all the foregoing.

Thomas Garrett Isham, author of *Dimensions of the Enneagram: Triad, Tradition, Transformation*, is a writer, lecturer and workshop presenter. He has "lived and learned" the Enneagram system of personality types during the past 20 years, and considers the system to be one of the best esoteric means of personal transformation presently available. In addition to "Dimensions," he is also author of "The Geography of the Soul: The Enneagram in Christian Perspective." He has written for periodicals as well, including *Sacred Web*, *Enneagram Monthly* and *Anglican Journals*. He was employed as a working journalist, as both editor and writer, for 33 years.

**For more information contact Crazy Wisdom Bookstore**
**734.665.2757 • www.crazywisdom.net • information@crazywisdom.net**

# Music Reviews

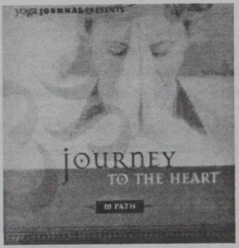
## Current Store Music Favorites!

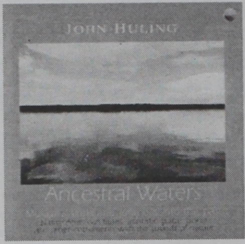
by Sarah Daher, Crazy Wisdom music buyer

Collusion with Wonder
Inji

For the yoga practitioner, **Journey to the Heart by M Path** is a companion musical journey that can transform and enlighten any heart. It is an illuminating and inviting accompaniment to daily practice as well as a unique and considerable musical experience. Traditional instruments are joined with vocals and electronic music to create a modern and ancient alchemy of sound. Featuring contributions by Krishna Das and arranged in a particular rhythmic sequence, this cd is perfect for long drives, late dinner gatherings or anytime a seamless, transcendent collection of music is desired. $16.98

**Feast of Silence by Vas** is another new musical journey offering. Vas brings a broader instrumental palette to their signature blend of hypnotic, multi-ethnic percussion and voice, incorporating cello, bansuri flute, guitar, and bass. Azam Ali explores a wide range of vocal stylings with a layering effect to fully capture the magnificent sonic experience and sacred depth of many voices singing in a temple. A dramatic and intriguing invocation to musical experimentation. $16.98

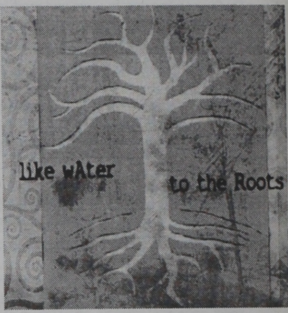




**Ancestral Waters by John Huling** is a meditative and quiet cd, which is typically not a genre that moves me; but Huling's eleventh release is a beautiful and soothing backdrop to deeply relaxed states. Drawing upon his ancestry, Huling uses haunting Native American flutes, acoustic guitar, piano, and other instruments to melodically portray "ancestral musical visions." The gentle whisper of rivers, brooks, birds, thunder, and rain provide a calming undertone to this moving and gentle music. This cd is my current favorite of all our meditative and ambient music. $15.98

Still another favorite in the chant category is **Planet Love by Sudha**. In this remarkable debut release, Sudha's angelic voice will gently take you on a journey of sacred chant honoring the earth – from Hawaii to Native America to the Middle East. These soulful chants are set to the exotic instrumental arrangements of Maneesh De Moor, including piano, ethnic percussion, bass, didgeridu, and flutes. Sudha's voice is quiet, sweet, and melodic with such lovely interpretations of these traditional chants. The first piece is a Cherokee morning song celebrating the Great Spirit that I listen to every morning upon waking. A beautiful way to start the day. $16.98

Sudha
planet love



We now have two great new cds by local groups. **Like Water to the Roots by Like Water Drumming and Dance** celebrates West African traditional pieces as well as original compilations, with complex and varied percussion and song. This group, led by musician and teacher Ryan Edwards, is composed of deeply heart-centered folks interested in creating unity and harmony among the diversity of the planet. This cd rocks, and don't miss their local performances to experience their inspired and physically rigorous traditional dance. Contact

. $14.98

**Collusion with Wonder by Inji** is performed by members of the local Flaming Jewel Dharma Center. Their newest release, this cd is sweetly lyrical and gentle, helping to open your heart to love and quietude. Sung in English, the instrumental accompaniment is soothing and well-produced, and I believe this is their best cd yet. $19.98

Body, Mind & Spirit Services at Crazy Wisdom

**Drop-In Tarot Readings with Kathy Bloch**
Tuesdays, 7-10 p.m. • $1 per minute
No appointment necessary
Call 734.663.0435

**Drop-In COSMO Readings with John Fredericks**
Thursdays, 7-10 p.m. • $1 per minute
No appointment necessary
Call 734.368.1780

**Drop-In Intuitive/Psychic Readings with Diane Evans**
Saturdays, 2-5 p.m. • $1 per minute
No appointment necessary
Call 734.327.9568 or in-genius@comcast.net.

**Drop-In Massage with Michael Bratcher**
Saturdays, 2-5 p.m. • $1 a minute
No appointment needed
Call 734.429.4796

**Drop-In Intuitive/Psychic Readings with Marcella Fox**
Sundays, 2-5 p.m. • $1 a minute
No appointment needed
Call 734.761.1896

**Crazy Wisdom Bookstore and Tea Room**
**114 S. Main St., Ann Arbor • 734.665.2757**
**www.crazywisdom.net**

**Enjoy Poetry Readings &**
**Gatherings of Writers' Groups**
**Wednesday Nights at 7:00 pm**
**in the Crazy Wisdom Tea Room**

**On Writing Groups Night, writers and writing groups are invited to use the Tea Room for informal writing discussions. If your group is looking for a place, or if you*re a writer looking to connect with other writers to talk about writing, this is the place to be !**

**All events free! All are welcome!**
**Questions? Comments?**
**email: crazywisdomreadings@yahoo.com**

**Crazy Wisdom Bookstore • 114 S. Main St, Ann Arbor**

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# Poetry Page

## Aphrodite

By Elizabeth Alberda

For 21 centuries water held you.
I want to thank the diver
Who swam your torso into air.
I don't believe the newspaper
"head, arms and lower legs lost overtime"
barbarians tore off your drapery, decapitated and
dismembered.

O Queen of Ocean
Thank you for climbing the ocean
Your name older than time
Your fantastic head
A forehead brimful of mother of pearl
Opal and a mediteranean blue
That makes you want to stay on earth forever.

If there were not inner beauty
We wouldn't know your miracle of milk
Nor the curving line of your torso
A river filled with flowers.
If there were not inner beauty
No ode to your ovary the grey pink pouches
Anchored on the wings of your womb.

Glory be to the egg
To Aphrodite rising
Her right arm above her head
Lamping
To see inside the Milky Way
Her girth 100 billion lights
Larger than our sun.

## Shadow Warriors

By Nancy L. Davis

Shadow warriors of wisdom
On steady steeds of strength
Driven by hearts of love
And eons of knowingness
Pounding toward the horizon
Of our future viewing,
Destinies descending
To a crucial crossing of choices.

As the thundering hooves are silenced
And the moment of pause
Fills the next breath,
Flickering the lights of decision
Spark throughout the universe,
The colors of choice,
A cornucopia of all possibilities
Crystallize into the rainbow of tomorrow.

## Analogy of a Falling Leaf

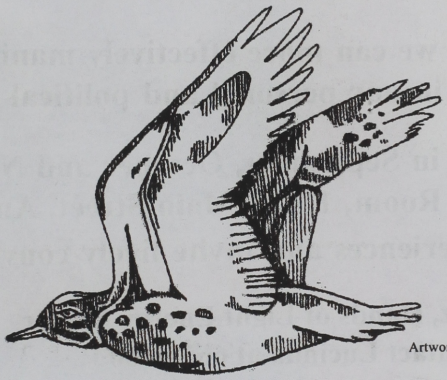
By Russell Douglass Jones

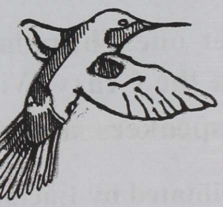
You're free.
Time made you this and now it is time
To let go of life as you once knew it
Let go of the sheltering tree.

The leaves all turn their faces
Toward the sun.
And all fulfill the purpose of the tree.
But in one terror-filled moment
The leaf leaps from its mother,
Its source of strength, safety, and
Nourishment.
But also its homogeneity, its sameness,
For how green is one leaf from another?

Just before this leap into the air,
The sear and yellow leaf lets its true colors shine.
Red, gold, a burnt orange, brown,
Maroon, gamboge, ochre, saffron

In the air
The leaf thinks it decides where to go
How to fly.
Some drop like stones
Others perform a spiral dance
More flit this way or that.
All for a brief moment are free.
How to fly? How to be?





Artwork by Nicole Macdonald

## The Bear

By Jerri Dodge

Under a tree I sat in the woods
On a west virginia mountainside
In silence and stillness
Dripping rain from the tip of my nose
And the brim of my hat

If I can remove my
Self
From the center of my universe
Then I can see what this beautiful world looks like

Greens and browns the only colors I can see
Loam and dirt and rocks and rotting leaves
Tree trunks and ferns and winding vines and stalks
Vivid wet leaves dripped
From one grey sky

I smelled before I saw
A bear
Like a thousand wet dogs
In a closed room
And inside
Stillness descended on me

One dense black spot
In the green and brown circle I could see
His fur glistening in the grey light
He became my center
He did not see me

I felt every muscle in his shoulders move
As he rooted in the dirt
I felt him listening
I heard his breath in snuffles

I imagined him smelling me
I imagined his claws his paws
Raking the dirt running
The distance between us

I calculated
Muscle
Claw
Weight
Paw
Speed
And the susceptibility of my tender skin
In his teeth

Silently

To move or be still
In this moment

My fear screamed in my head
For walls and a door between us
My fear screamed for a weapon
To hurt him before he hurt me

I breathed
I have been told they can smell my fear
I had neither walls nor door nor weapon
And I am in his world

I breathed in silence and stillness
I breathed
And I imagined I was the bear

Muscle and bone and heavy wet fur
Wet rolls off
Dense dense vivid smells
Are food or not food
Dirt clinging
To rough black nose
And cold thick paws
A warm dry hole somewhere

Heavy head bobbing as it turns
Brown eyes teeth yellow teeth

I
The bear
Seeing me
Am also fear
Looking for walls or weapons

I run

# CRAZY WISDOM BOOKSTORE

## FALL SALON

**Join us as we continue our community Salon,
an opportunity to gather in the autumn of this year
to explore issues and ideas of common interest,
in an atmosphere of respect & tolerance
for diverse opinions and perspectives.**

**Our Fall Salon will explore how we can more effectively manifest
and sustain positive relationships in our personal and political lives.**

**We will gather one Thursday evening in September, October and November
at 7:30 PM in the Crazy Wisdom Tea Room, 114 S. Main Street, Ann Arbor
as our guest speakers share their experiences and invite lively conversation.**

**Facilitated by Lucinda R. Kurtz, Hands of Light Energy Healer
For more information contact Lucinda at 665-9160
or lucindakurtz@comcast.net**

### CONSCIOUS PARENTING • Thursday, September 23

**Marcia Ferstenfeld**, MA, President, Imago Relationship Therapy of MI.
**Lucie Nissan**, ACSW, Psychological-Spiritual Consultant,
**Larry Nissan**, ACSW, Business Consultant, Executive Coach
**ShuNahSii Rose**, Educator, Artist, Community Organizer

### CONSCIOUS CITIZENSHIP • Thursday, October 21

**Deb LaBelle**, Attorney, Human Rights Activist
**Dr. Yun Lu**, Tiananmen Square Participant, China AIDS Project
**Eric Van de Vort**, President, AA Committee for Peace, Veterans for Peace

### CONSCIOUS INTIMACY • Thursday, November 18

**Barbara Brodsky**, Spiritual Director, Deep Spring Center, Dharma Teacher
**Carole Kirby**, ACSW, Relationship Coach
**David Lawson**, Teacher of Meditation & Communication Skills for Couples